

Warmup on own for 10 minutes

Warmup - 600

4 x 50 drill/swim

4 x 50 distance per stroke

4 x 50 build

Main set - 1,000

1 x 25 ez, followed by 1 x 75 hard

2 x 25 ez, followed by 2 x 75 hard

3 x 25 ez, followed by 3 x 75 hard

4 x 25 ez, followed by 4 x 75 hard

50 ez, followed by 250 stretch-out - **300**

Kick set — 500

5 sets (one set of each stroke, plus an extra for your favorite):

2 x 25 ez kick

1 x 50 fast kick

Cooldown

Total: 2400 plus warmup and cool down