

Warmup on own for 10 minutes

If you're tight on time, skip the warmup set and turn the 600 free into your warmup — throw some drills and/or stroke in there, maybe every 4th length.

Warmup - 450

6 x 75 - kick/drill/swim by 25

Main set - 2,100

600 free

5 x 100 IM (or stroke) on an interval

400 free

3 x 100 IM (or stroke) on the interval

200 free

1 x 100 IM (or stroke) hard

Cool down

Kick set — 300 — if you have time

4 x 75 kick — build by 25

Cooldown

Total: 2850, plus warmup and cool down