

## **Warmup on own for 10 minutes**

### **Warmup - 500**

4 x 75 - kick/drill/swim by 25

4 x 50 - build

### **Main set - 1,000**

Put these on the same interval, so you get no more than 10 seconds rest after the IM, but about 20-30 after the free.

10 x 100

Odds - IM

Evens - Free

### **300 stretch-out**

### **Kick set — 400**

4 rounds (one for each stroke):

2 x 25 easy-medium kick

1 x 50 fast kick

### **Sprint set — 300. if time**

4 rounds (one for each stroke):

25 sprint

50 easy

Cooldown

**Total: 2500**, plus warmup and cool down