

Warmup on own for 10 minutes

Warmup - 450

3 x 50 - kick/swim

3 x 50 - drill/swim

3 x 50 - build

Main set - 1200

Set your interval so that you get only 5 seconds rest on the last set of 50s. Yes, this is a hard set at the end. Think of it as a broken 200 all-out.

300 free - easy/medium speed

4 x 50 free - on an interval

200 free - easy

4 x 50 free - Interval -5 seconds

100 free - easy

4 x 50 free - Interval -10 seconds (another 5 from the last set of 50s)

100 ez (You deserve 100 instead of 50 easy, because you should have been sprinting with little rest on the last set of 50s)

Stroke set - 750 (each round is 250)

3 x

100 - IM

75 - back or breast

50 - back or breast (the other one)

25 - fly

Cooldown

Total: 2500 plus warmup and cool down