

Warm Up	
200 Swim	
100 Kick	
100 Pull	500 yards
6 x 100 swim on the 1:30	1100 yards
6 x 100 kick, swim, drill, swim rest :20	1700 yards
8 x 50 kick on the 1:05	2100 yards
8 x 75 swim on the 1:15	2700 yards
10 x 50 swim on the 1:00	
Fly-free, back-free, breast-free, free-free	3200 yards
Cool Down	
300 easy	3500 yards