

Warm Up	
200 Swim	
100 Kick	
100 Pull	400 yards
9 x 200 pull/swim, kick/swim, drill/swim by 50's :15 rest	2200 yards
5 x 100 swim on the 1:45	2700 yards
5 x 50 kick on the 1:00	2950 yards
4 x 75 pull on the 1:30	3250 yards
8 x 25 IMO sprint on the 1:00	3450 yards
Cool Down	
150 easy	3600 yards