

Warm Up	
100 Swim	
100 Kick	
100 pull	300 yards
Set	
10 x 75 free	
R: 20	1050 yards
Kick	
8 x 50 Kick on the 1:15	1450 yards
Set	
8 x 50 swim on the 1:00	1850 yards
Cool Down	
150 easy	2000 yards