4x250 odd: mid 50 back/

 Even: mid 50 breast

 @3:45

2x[4x25 drill :30

 [3x50 build @1:00

 [2x75 🡪 25 kick/25 swim/25 moderate (1st 50 fast) @1:15

3x[400 @ 5:20 (final 100 of each swim = 500 pace)

 [300 @4:00

 [200 @2:40

 [100 @2:00

4x150 swim/kick/swim by 50’s @2:15

warmdown