Warmup:

 4x{200 swim – every 3rd 50 non-free on 2:50

 {100 kick – 3rd 25 fast on 2:05

Set #1 – w/ fins + snorkles

 500 every 5th fast on 6:00

 400 every 4th fast on 5:00

 300 every 3rd fast on 4:00

 200 every 2nd fast on 3:00

 100 fast on 2:00

Set #2 – w/ snorkel + paddles + buoy

 400 every 4th fast on 5:00

 300 every 3rd fast on 4:00

 200 every 2nd fast on 3:00

 100 fast on 2:00

Set #3 – DPS with great turns

 300 every 3rd fast on 4:00

 200 every 2nd fast on 3:00

 100 fast on 2:00

8x{1x75 back – 7 kicks off the wall on 1:15

 {2x50 on :45 no breath inside of the flags

 {1x25 fast on :15 – odds: back or breast, evens – free

5x150 – 50 kick on back/ 50 back 7 kicks of the walls/ 50 breast double pullouts on 2:30

Warmdown: 200 choice ez Total Yardage: 6650 + warmdown