Warmup:

 3x100 free @1:30

 4x50 kick @1:00

 3x100 free @1:20

 4x50 IM order @ :50

8x125 k/s/d/s/k @ 2:00

3x500 descend 1-3 @ 6:00

3x400 descend 1-3 @ 5:00

3x300 descend 1-3 @ 4:00

3x200 descend 1-3 @ 2:50

3x100 descend 1-3 @ 1:30

Kick:

2x{3x100 1:40 fast

 {4x50 @:50 descend 1-4

Warmdown:

3x100 swim @ 1:20

Total yardage: 7600