4x250 @ 3:30

 1) free

 2) mid 50 back

 3) mid 50 breast

 4) IM: 25-50-75-100

8 x 100

 Odd: turn progression – 2 down, 1 down, off on back @ 1:30

 Even: turn circuit @ 2:30

Pull: full gear (no snorkel)

 8x[1x100 free @ 1:30 “lung buster”

 [4 x25 @ :30 specialty

Kick:

 6x[4x25 @:30

 [1x100 @ 1:45

 Descend 100’s 1-3 x 2

400-300-200-100 descend “shift” (1:15 per 100)

300-200-100

200-100

100

Loosen/stretch 6600 yards