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