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

5x[200 @ 3:00 (final 50 of each swim = 200 pace, mix rounds!!)

 [150 @2:30

 [100 @1:45

 [50 @1:15

4x150 swim/kick/swim by 50’s @2:15

warmdown