Warmup:

 300 swim choice on 4:30

 6x50 kick/swim (build) on :55

 200 swim alternating 50free/50back on 3:00

 4x50 IM order on :45

 100 swim 50free/50breast on 1:30

 2x50 specialty, descend 1-2 on 1:00

400 moderate on 6:00

4x100 descend 1-4 to 90% on 1:30

300 moderate on 4:30

4x75 descend 1-4 to 90% on 1:15

200 moderate on 3:00

4x50 descend 1-4 to 90% on :45

100 moderate on 1:30

4x25 descend 1-4 to fast on :30

8x150 w/ fins, middle 50 is underwater kick, on 2:00

Kick:

 3x{200 w/ fins on back (focus on dolphins underwater) on 3:20

 {4x50 w/o fins, specialty, descend 1-4 on 1:00

6x50 perfect stroke on :50

Total Yardage: 5900