Warmup:

 400 sub turns on turn end

 300 w/ midpool flips

 200 alternate free and back

 100 race the turns

12x100 no breath inside and outside of flags

 Descend 25’s w/in each 100

 Group 1: @1:15

 Group 2: @1:20

6x300

 12 strokes/25

Warmdown

Total yardage: 3800 + warmdown