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