Warmup:

2x{1x250 on 3:15 mid 50 back

{2x150 on 2:15 mid 50 back

{3x50 on :45 IM series

5x200 on 2:40 negative split to 90%

Kick:

5x{1x100 moderate flutter on 1:50

{2x50 specialty w/ board EF/FE on :50

{4x25 15m underwater fast on :40

100 ez

6x50 OTB fast

Firecracker relays

Warmdown:

300 fr/ba/fly by 100 on :400

200 mid 50 breast on 3:00

100 mid 50 kick

Total yardage: 4200