300 free moderate @ 4:00

3x75 back descend 25’s w/in @1:10

200 free moderate @2:40

3x50 breast negative split @1:00

100 free moderate 1:20

3x25 fly fast @:30

16x25 @:40 fast

 Odd: underwater streamline kick

 Even: swim

4x[3x100 @1:20 moderate DPS

 [3x75 @1:00 3rd 25 fast/2nd 25 fast/1st 25 fast

 [3x50 @:50 descend 1-3

 [30 seconds rest

100 ez

Specialty: breast

 3x[4x25 drill

 [1x100 descend 1-3 by rounds @1:40

Warmdown 5650 yards