Warmup:

 3x100 free @1:30

 4x50 kick @1:00

 3x100 free @1:20

 4x50 IM order @ :50

8x125 k/s/d/s/k @ 2:00

2x{1x200 moderate free @ 3:00

 {4x25 specialty descend 1-4 @ :30

 {1x200 moderate free @ 3:00

 {4x50 specialty descend 1-4 @ :50

Kick:

 16x50 variable sprint @ 1:00

Specialty:

 6x{1x100 free DPS @ 2:00

 {4x25 under/over sprint @ :45

Warmdown:

 6x100 @ 1:20

Total yardage: 6000