Warmup:

 300 swim @ 4:20

 200 kick @ 3:50

 100 swim @ 1:20

 4x150 kick/drill/build @ 2:30

Freestyle turn progression

 6x100 @ 1:40 75 free/ 25 back

 1st turn: arms down, fingers lock, forehead up

 2nd turn: one arm up, one arm down

 3rd turn: in free, off back

 4x100 @ 2:30 “turn circuit” RACE!

 No breathing flags in, 3 strokes off the wall

Back:

 4x{4x25 paddle drill on :30

 {2x50 swim build on :45

 {2x75 kick moderate on 1:15

 {1x200 swim fast on 3:00

 {1x100 moderate on 2:00

Warmdown: 200 ez

Total yardage: 5000