Warmup:

300 swim choice on 4:30

6x50 kick/swim (build) on :55

200 swim alternating 50free/50back on 3:00

4x50 IM order on :45

100 swim 50free/50breast on 1:30

2x50 specialty, descend 1-2 on 1:00

400 swim on 5:00

8x25 fly on :30, descend 1-4, 5-8 @ 90%

400 swim on 5:00

2x100 back on 1:30, 3rd 25 fast

400 swim on 5:00

4x50 breast on 1:00, descend 1-4 @ 90%

400 swim on 5:00

1x200 IM work transitions

4x{250 pull w/ snorkel on 3:00

{2x125 swim w/ paddles breathing 3/4/3/4/3 on 1:45

Kick:

3x{200 w/ fins on back on 3:20 (strong underwater dolphins off wall)

{4x50 w/o fins, specialty, descend 1-4 on 1:00

6x50 perfect stroke on :50

Total Yardage: 7300