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

4x25 fly descend 1-4 @:30

1x200 IM fast fly @ 3:00

4x75 back descend 1-4 @ 1:10

1x200 IM fast back @ 3:00

4x50 breast descend 1-4 @ 1:00

1x200 IM fast breast @ 3:00

4x100 free descend 1-4 @ 1:20

1x200 IM fast free @ 3:00

Kick:

3x{3x100 1:40 fast

 {4x50 @:50 descend 1-4 specialty

Back:

2x{200 moderate DPS @ 3:00

 {4x50 @ :50 variable sprint

 {6x25 under/over by 25 @ :35 fast

Warmdown: 3x100 @ 1:20

Total yardage: 6500