Warmup:

 2x{1x250 on 3:15 mid 50 back

 {2x150 on 2:15 mid 50 back

 {3x50 on :45 IM series

5x200 on 2:40 negative split to 90%

Kick:

 5x{1x100 moderate flutter on 1:50

 {2x50 specialty w/ board EF/FE on :50

 {4x25 15m underwater fast on :40

100 ez

6x50 OTB fast

Firecracker relays

Warmdown:

 300 fr/ba/fly by 100 on :400

 200 mid 50 breast on 3:00

 100 mid 50 kick

Total yardage: 4200