Warmup:

 400 sub turns on turn end

 300 w/ midpool flips

 200 alternate free and back

 100 race the turns

12x100 no breath inside and outside of flags

 Descend 25’s w/in each 100

 Group 1: @1:15

 Group 2: @1:20

8x200

 2 – fists and fins

 2 – swim and fins

 2 – paddles and fins

 2 – swim w/ fins

Warmdown

Total yardage: 3800 + warmdown