* 200 Free Warmup(200)
* 6x100 pull Free(600)(800)
  + Lane 1 & 2-on 2:00
  + Lane 3-on 1:45
  + Lane 4 & 5- on 1:30
* 2x100 Pull IM order(200)(1000)
  + Lane 1 & 2-on 2:00
  + Lane 3-on 1:45
  + Lane 4 & 5- on 1:30
* 4x100 Pull Drill(400)(1400)
  + Use stick for free stroke and back stroke
  + Two strokes per pull breaststroke
  + Lane 1 & 2-on 2:30
  + Lane 3 ,4 & 5- on 2:00
* 200 Pull with tennis balls(200)(1600)
  + On 2:30
* Alternate 4x 100 Pull/Swim per 50(400)(2000)
  + Lane 1 & 2-on 2:00
  + Lane 3-on 1:45
  + Lane 4 & 5- on 1:30
* 8x100 Choice Kick w/Fins- NO kickboards(800)(2800)
  + On 1:30
* 100 Cool Down