* 200 Warm Up(200)
* Ladder(1250)(1450)
  + 50 :05 sec rest
  + 100 :10 sec rest
  + 150 :20 sec rest
  + 200 :30 sec rest
  + 250 :30 sec rest
  + 200 :30 sec rest
  + 150 :20 sec rest
  + 100 :05 sec rest
  + 50 **2 min rest**
* 6x100 Pull/Kick Choice (600)(2050)
  + :20 sec rest between each
* 200 Free swim(200)(2250)
  + :20 Sec Rest
* 2x100 Choice Swim(200)(2450)
  + :20 Sec Rest
* 4x 50 Free(200)(2650)
  + :15 Sec Rest
* 6x75 Kick Continuous(450)(3100)
  + Free, Back, Butterfly
  + 1 min rest after finish
* 200 Back Dolphin(200)(3300)
  + :20 Sec Rest
* 4 x 100 Swim, Pull, Kick, Drill(400)(3500)
* 100 Cool Down(100)(3600)