* 200 Warm-Up(200)
* 4x 100 IM order Swim(400)(600)
  + :10 Sec rest between each
  + 1 min at end of set
* 5x50 Swim Choice Up-tempo pacing(250)(850)
  + :10 Sec rest between each
  + 1 minute at end of set
* 4x100 IM order Swim(400)(1250)
  + :10 Sec rest between each
  + 1 min at end of set
* 5x50 free(250)(1500)
  + :10 Sec rest between each
  + 1 min at end of set
* 8x100 Drill sets Choice/Free Alternating(800)(2300)
  + :10 Sec rest between each
  + 2 min at end of set
* 5x50 free(250)(2550)
  + :10 Sec rest between each
  + 1 min at end of set
* 4x100 IM order Pull(400)(2950)
  + :10 Sec rest between each
  + 1 min at end of set
* 5x50 free(250)(3200)
  + :10 Sec rest between each
  + 1 min at end of set
* 4 x 100 IM order Swim(400)(3600)
  + :10 Sec rest between each
  + 1 min at end of set
* 800 Kick w/boards Choice50/Free 50- Continuous(800)(4400)
* 100 Cool Down