* 200 Warm Up(200)
* Ladder Sets(2500)(2700)
  + 100 Swim Choice
    - :10 Sec rest
  + 200 Free Pull/Kick
    - :10 Sec Rest
  + 300 Choice Pull/Kick
    - :20 Sec rest
  + 400 By the 100 Drill
    - :20 Sec Rest
  + 500 Swim Free Alternating 50% and 90% by the 50
    - 1 min rest
  + 400 by the 100 Drill Choice
    - :40 sec rest(includes time to put on fins)
  + 300 Back Dolphin kick w/fins
    - :20 sec rest
  + 200 Under overs(4)
    - :20 sec rest
  + 100 Swim
    - 1 min rest
* 5x 100(500)(3200)
  + Free Breathing Drill 3-5-7-5-3
  + :15 sec rest between each
  + :45 sec rest at the end
* 10 mid pool 50’s(500)(3700)
  + :10 sec rest between each
* 10 x 50(500)(4200)
  + Choice Sprints off Blocks/Wall
  + :20 Sec rest once you touch wall between each
* Team Treading 10 min- Start on coach’s whistle
* 100 cool down