* 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