* 200 Warm Up (200)
* 8x 75 Swim/Kick/Pull (600) (800)
  + :10 sec rest between each
  + 1 min rest at completion
* 10x50 Free/Choice Sprint off wall in water (500) (1300)
  + :20 sec rest between each
  + 2 min Float
* 8x75 Swim/Kick/Pull (600) (1900)
  + :10 sec rest between each
  + 1 min rest at completion
* 4x100 IM (400)(2300)
  + :20 sec rest between each
  + 1 min rest at completion
* 3x200 (600) (2900)
  + 1st Breast
    - :30 sec rest
  + 2nd Back
    - :30 sec rest
  + 3rd Free
    - 1 min rest at completion
* 5x 50s off blocks work on breathing control (250) (3150)
  + :30 sec between each
* 5 Midpool 50s (250) (3400)
  + :10 sec rest
* 400 Kick Choice(400) (3800)
* 100 Cool Down