* 200 Free (200)
* 20 x Building 50’s (1000) (1200) (17-20 Minutes)
  + 1:00 Rest after 10 x 50
  + Lane 1 & 2 on :60
  + Lane 3,4 & 5 On :50
* 10 x75 Drill, Kick, Pull (750) (1950) (15 minutes)
  + Free/Choice
  + Lane 1 & 2 on 1:30
  + Lane 3,4 & 5 on 1:20
* 600 Kick Continuous Fins/NO KICKBOARDS(600) (2550) (8-9 Minutes)
  + Lane 1 & 2 on 9:00
  + Lane 3,4 & 5 on 8:00
* 300 Back Dolphin No Fins(300) (2850) (9-10 Minutes)
  + Lane 1 & 2 on 10:00
  + Lane 3,4 & 5 9:00
* 10 x 50 Mid pool Turns-(500) (3350) (12.5- 15 minutes)
  + Lane 1 & 2 on 1:30
  + Lane 3,4 & 5 On 1:15
  + START AT THE WALL!! 3 total turns per lap. 1st in the middle of the pool 2nd at the wall, 3rd in the middle of the pool
* 10 x50 Tennessee Turns(500) (3850) (12.5- 15 minutes)
  + Start mid pool once you reach flags, go underwater to wall and push off the wall underwater still, do not surface until you are past the flags
  + Lane 1 & 2 on 1:30
  + Lane 3,4 & 5 On 1:15
* 8 x 50 Sprint Choice- off Blocks(500) (4350) (17-20 Minutes)
  + Lane 1 & 2 on :60
  + Lane 3,4 & 5 On :50
* 100 Cool Down(100) (4450)
* TOTAL TIME 1 Hour 44 Minutes