* 200 warm up(200)
* Repeat 400s(2800)(3000)
* 4x 100 Kicks on Back
  + Lane 1 & 2 on 2:00
  + Lane 3 on 1:45
  + Lane 4 & 5 on 1:30
* 8x50 Choice Speed Burst Flags to Wall
* 4x100 Choice Stroke Count
  + Lane 1 & 2 on 2:00
  + Lane 3 on 1:45
  + Lane 4 & 5 on 1:30
* 2x200 Pull Choice/Free
  + Lane 1 & 2 on 5:00
  + Lane 3 on 4:30
  + Lane 4 & 5 on 4:00
* 4x100 Tennis Ball Drill
  + Lane 1 & 2 on 2:00
  + Lane 3 on 1:45
  + Lane 4 & 5 on 1:30
* 8x50 Breathing Control
  + 1,8- 7 Breathes Per 50
  + 2,7- 6 Breathes per 50
  + 3,6- 5 Breathes per 50
  + 4,5- 4 Breathes per 50
* 4x100 Stroke Count- Back/Free
  + 1 less stroke each 25 per 100
  + Lane 1 & 2 on 2:00
  + Lane 3 on 1:45
  + Lane 4 & 5 on 1:30
* 2x100 Off Blocks(200)(3200)
* 4x50 Off Blocks(200)(3400)
* 10 Under overs(500)(3900)
* 20 Tennessee turns(500)(4300)
* 100 cool down(100)(4400)