

600 warm-up

4x100 drill IM  
3x75 kick choice  
2x50 build free  
1x25 sprint choice

6x50 @ :50, 1:00  
desc 1-3, 4-6

ALL FREE  
10x50 drill @ 1:00  
5x100 85% @ 1:30, 1:40, 1:50  
4x125 desc 1-4 @ 1:50, 2:00, 2:10  
2x250 50f/50E @ 3:30  
500 neg split

warm-down

4150--total yards