

600 warm-up

8x75 kick @ :20 rest  
odd free  
even choice

4x200 free desc. @:20 rest  
4x75 drill choice @ :25 rest  
4x150 free desc. @ :20 rest  
4x50 drill choice @ :25 rest

lane 1/2  
4x100 free  
4x50 IM order  
4x100 free  
4x50IM order

Three Times (Lane 5/6, 4x)  
100 ez @2:00  
2x50 fast @ 1:00

6x50 cruise warm-down @1:00

Total 4000-4200 yards