

1. Warm Up
 - a. Lanes 5-8: 400 swim, 200 kick
 - b. Lanes 1-4: 300 swim, 150 kick

2. 2x100 Scull Set

3. 8x75 IM on 1:10/1:15/6 on 1:20/ 6 on 1:30/ 4 on :15 rest

4. Main Sets
 - a. Lanes 7-8
Twice through with descending intervals.
400 Free on 5:40/5:30
2x200 IM on 3/2:50
6x100 on 1:30/1:20

 - b. Lane 6
Twice through with descending intervals.
400 Free on 5:45/5:35
2x200 IM on 3:15/3
5x100 on 1:35/1:25

 - c. Lane 5
Twice through with descending intervals
300FR 4:40/4:30
2x200 Im on 3:40/3:30
4x100 on 1:45/1:35

 - d. Lanes 3&4
Twice through with descending intervals
300FR 5/4:50
2x200 Im on 4:00/3:45
4x100 on 1:45/1:35

 - e. Lanes 1 &2
Twice through
200FR on :20 rest
2x100 Im on :15 rest
4x100 on :20 rest

5. 3-6 x 50 Loosen

6. 100 ALL OUT

7. 4x75 Loosen