**Warm up**

1x800 S.K.I.P

1x200 Swim

1x200 Kick

1x200 IM (25 drill/25 swim per stroke)

1x200 Pull (800)

**2x thru**:

*1x150 Swim, build every 50 R:30’’*

*2x100 IM, R:20’’*

*3x50 Descend 1-3 on 1:00/:55/:50*

*(1000)*

**2x thru**:

*2x50 Kick down, drill back on 1:10/1:00*

*3x125 IM R:30’’*

***50 FL****/25 BK/25 BR/25 FR*

*25 FL/****50 BK****/25 BR/25 FR*

*25 FL/25 BK/****50 BR****/25 FR*

*1x25 Swim EZ on 1:00 (1000)*

**Cool down**:

2 x 100 “Silent Swim”