

Warm-up: 200 swim
150 kick
150 pull
100 IM drill

600

Drill set: 4 x 50--25 Tarzan, 25 DPS

200/800

Main: 3 times through

Each round bring your pace down by 1-2 sec or change strokes

4x50's pull 10-15 sec rest
4x50's kick 10-15 sec rest
4x100's swim on 10-15 sec rest

2400/3200

Cool-down: 200

200/3400