

Transformers!

Warmup - 600 yds

100 swim to 100 pull (by 50s) - 10 sec. rest

- 100 swim
- 50 swim, 50 pull
- 100 pull

100 swim to 100 kick (by 50s) - 10 sec. rest

- 100 swim
- 50 swim, 50 kick
- 100 kick

Main Set - 2,000 yds

200 free to 200 back (by 50s) - 15 sec. rest

- 200 free
- 150 free, 50 back
- 100 free, 100 back
- 50 free, 150 back
- 200 back

200 free to 200 breast (by 50s) - 15 sec. rest

- 200 free
- 150 free, 50 breast
- 100 free, 100 breast
- 50 free, 150 breast
- 200 breast

Bonus Set - 600 yds

100 free to 100 fly x 2 - 15 sec. rest

Cool Down - 200 yds

