

Distance Free

12 x 75 (3 x (#1=Fr/#2=Kick no board/#3=Bk-Br-Fr/#4=Build Free)

2 times through the following

3 x 250 Free Desc 1-3 (:20 rest)

2 x 250 broken taking :10 rest between each part, 100, 50, 50, 50 then take :40 rest before repeating
(really push these broken 250's)

Bonus 2:00 rest

1 x 800 pull

Cool Down: 100 Fr/100 Bk

Total 4400

IM

1 x 600 swim

6 x 75 (25 dr, 25 K, 25 Sw) :15 rest

1 x 50 25 fly, 25 bk (:10 rest)

2 x 75 25 fly, 25 bk, 25 br (:15 rest)

3 x 100 50 bk, 25 br, 25 fr (:20 rest)

1 x 200 free (:40 rest)

2 x 50 25 fl, 25 bk (:10 rest)

4 x 75 25 bk, 25 br, 25 fr (:15 rest)

6 x 100 50 bk, 25 br, 25 fr (:20 rest)

1 x 400 IM kick, swim x 25 (1:00 rest)

1 x 800 pull desc 200's

Cool Down: 100

Total 4050