

Warm Up:	300 Breaststroke Sandwich (100 Free 100 Breast 100 Free)	300
Pre Set	16 X 25 :30 seconds 4 - Fly 4 - Back 4 - Breast 4 - Free	700
400 Lung Buster	400 Freestyle Pull 1 st and 5 th 50----Breathe every 3 rd stroke 2 nd and 6 th 50---Breathe every 5 th stroke 3 rd and 7 th 50 ---Breathe every 7 th stroke 4 th and 8 th 50 ---Breathe every 9 th stroke	1100
Main Set	* 3 X 200 (Free) 3X 100 (Free) *2X 200 (1 st Free, 2 nd Choice) 2 X 100 (1 st Free, 2 nd Choice) *1X 200 Free 1X 100 Choice	2900
*200's possible intervals	3:20 (1:40 per 100) 3:30 (1:45 per 100) 3:40 (1:50 per 100) 3:50 (1:55 per 100)	
Whatever interval you pick for the 200's I want you to pick a 5 second faster interval for the 100s For example...I pick to do my 200s on 3:30 ...I will do my 100s on 1:40.		
400 Lung Buster		3400
Warm Down	4 X 50 Backstroke or Free	3600