

	HARD	HARDER	HARDEST	Time	Clock
Warmup	200 swim 100 kick/drill 300	250 swim 150 k/d/s 400	300 swim 200 kick/drill 500	:10	8:10
Set 1	200 moderate 2 x 100 pull 2 x 75 kick/drill 6 x 50 on 1:00 850	250 moderate 2 x 125 pull 2 x 100 kick/drill 6 x 50 on 1:00 (odd stroke, even free) 1000	300 moderate 2 x 150 pull 3 x 100 kick/drill/swim 7 x 50 on 1:00 (IM around) 1250	:25	8:35
Set 2	5 x 100 on 2:20 500	6 x 100 on 2:00 (desc 1-4, hold 5-6) 600	7 x 100 on 1:40 (desc 1-4, hold 5-7) 700	:12	8:47
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	8:52
Totals	1800	2200	2650		