Warm-up:
2 x 300
1. 150 easy swim + 150 fins: 3 x (25 6/3/6, 25 swim)
2. steady swim CSS + 4
(mode 1 set to 25m pace, stay on the beep)

Main-set:
3 x 200, 30 sec rest after each 200
1. pull + paddles
2. fins building effort each 50
3. steady swim CSS + 3
(mode 1, reduce beeper by .25, stay on beep)

6 x 100
1 & 2 pull, breathing every 5 strokes
3 & 4 fins, 2 x (25 broken arrow, 25 swim)
5 & 6 swim CSS + 2
(mode 1, reduce beeper by .25, stay on beep)

12 x 50
1-3 pull (12.5 scull #1 + 12.5 scull #2, 25 swim)
4-6 fins build effort over each 25m
7-10 swim CSS + 1 (reduce beeper by .25)
11-12 easy swim

Cool-down: 200m easy choice
Distance: 2600m