Warm-up:

2 x 200 (+10s) Broken out below:

1. easy free (50 B3s + 100 B4s (alternate sides) + 50 B5s)*

2. pull (25 scull #1 or #2, 25 doggie paddle scull + 50 freestyle) x 2

*B3s B4s, B5s = breathing every 3 or 4 or 5 strokes

2x (100, 2 x50, 4x25) Broken out below:

100 fins streamline kick (↑ front ↓ back) (+10s)

2 x 50 pull and optional paddles B5s (+10s)

4 x 25 freestyle swim @ quick effort (+15s)

Main-set:

2 x 400-600 steady swims

#1: Easy effort (CSS+6 pace if using a beeper)
Take your CSS per 100m pace, add 6 seconds and divide by 4. Set beeper to this pace in mode 1. Stay on the beep.

#2: Moderate effort (CSS +3 pace if using a beeper)
Reduce beeper down by .75 from #1 and stay on the beep. Or, don't change the beeper pace and this time try to beat the beep.

Cool-down: 50-100 easy choice (1,850 – 2,200m)