

warm up	
swim	100
kick on side	200
pull	200
drills (d-d-s)	
zipper	75
R arm swim	75
L arm swim	75
10 three 10	75
snake swim	300
open water skills	
swim with closed eyes	50
sighting and breathing	50
group start	50
group sprint start	50
sighting laps	200
total	1500