

warm up	
3x100 free (kick every 4th)	300
200 pull- easy	200
drills	
10-three-10	75
R arm	75
L arm	75
catch up	75
5 min swim	300
rest 1 min	
5 min swim	300
rest 1 min	
5 min swim	300
rest 1 min	
slow swimming	200
choice	100
total	1900