

- Warmup (**600**)
 - 300 choice
 - 200 kick
 - 100 flutter (sugg. sidekick)
 - 100 dolphin (sugg. w/o board)
 - 4 x 25 sprint on :45 – the point is to get your heart rate up high.

- Stretch (recommended)

- Drill/Pull Strokework Set (1200 REC-EN)
 - 4 x 50 Drill w/:15 rest, fingertip drag drill (drag fingertips along your side on the recovery, focusing on high elbows and body rotation)
 - 200 Pull [EN] w/:30 rest. Smooth, concentrate on good stroke mechanics at low aerobic pace.
 - 4 x 50 Drill w/:15 rest, sidekick 6+3 drill (kick 6 times on one side, body perpendicular to the surface, then 3 ½-strokes, continue with 6 kicks on the other side, etc.)
 - 200 Pull [EN] w/:30 rest. As above, concentrate on body rotation despite lack of kicking!
 - 4 x 50 Drill w/:15 rest, fist drill (ball your hands completely into fists – put thumbs inside fist if necessary not to cheat! -- and focus on staying smooth w/out flailing)
 - 200 pull [EN] w/:30 rest. Focus on long, powerful, efficient strokes – without breathing hard. Finish your strokes with your triceps.

- Quality/Distance-Per-Stroke mini-Pyramid (400 EN+)
 - 25 – 50 – 75 – 100 – 75 – 50 – 25 swim, with :15 rest after each.
 - All swims are at EN2 (aerobic training) pace. Focus on pace and maximum distance per stroke; for each swim, count your strokes per lap and try to get your time.
 - Your goal is to keep both the strokes per lap and time per lap constant as you go up the pyramid; if possible, attempt to decrease strokes per lap on the way down while keeping time constant.
 - Choose your pace wisely on the first 25!

- 100 cooldown.