

2000M

Warm Up: 100 Free 100 back

100 (50X2) Robot Arms

200 Back

100 (50X2) Free Pull

200 Back

100 (50X2) 10 Kick Switch

200 Back

100 (50X2) Kicks

200 Back

100 (50X2) Backstroke

200 Back

4X25 Sprint

200 Choice Cooldown