

2000M

Warm Up: 200 Free

100 (50X2) Right arm

200 Choice

100 (50X2) Left arm

200 Free

100 (50X2) Fly

200 Choice

100 (50X2) Dolphin Dives

200 Free

100 (50X2) One arm at a time alternating
every 25

200 Choice

100 (50X2) Fly

200 Choice Cooldown