

2000M

Warm Up: 200 Free

100 (50X2) Fingertip Drags

200 Free

100 (50X2) Free Pull

200 Free

100 (50X2) Catch Ups

200 Free

100 (50X2) Kicks

200 Free

100 (50X2) Fountains

200 Free

4X25 Sprint

200 Choice Cooldown