

A

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Free Set (2200)

4 # 200 @ 3:00

100 *easy*@ 2:00

4 # 100 @ 1:30

100 *easy*@ 2:00

8 # 50 @ 0:50

100 *easy*@ 2:00

8 # 25 @ 0:30

100 *easy*@ 2:00

Cool Down (200)

200 *Choice*

Total Distance 3000 yards

B

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Main Set (1800)

3 # 200 @ 4:00

100 *easy*@ 2:30

3 # 100 @ 1:45

100 *easy*@ 2:30

6 # 50 @ 1:15

100 *easy*@ 2:30

8 # 25 @ 0:45

100 *easy*@ 2:30

Cool Down (200)

200 *Choice*

Total Distance 2600 yard

C

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Main Set (1400)

2 # 200 @ 5:00

100 *easy*@ 3:00

2 # 100 @ 2:30

100 *easy*@ 3:00

6 # 50 @ 1:30

100 *easy*@ 3:00

4 # 25 @ 1:00

100 *easy*@ 3:00

Cool Down (200)

200 *Choice*

Total Distance 2200 yard