

# A

## Warm Up (300)

200 *choice*

100 *kick*

## Pyramid Free Set (1000)

50 *fast*@1:00

100 *drill*@1:30

150 *build by*50 @ 3:00

200 *easy*@3:30

200 *easy*@3:30

150 *build by*50 @ 3:00

100 *drill*@1:30

50 *fast*@1:00

## IM Set (1000)

8 # 125 *IM*@ 2:45

J	#1	#2	#3	#4	N
K	50 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	50 <i>back</i>	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	50 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	50 <i>free</i>	P

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (300)

100 *not free*

200 *free*

Total Distance 3100 yards

# B

## Warm Up (300)

200 *choice*

100 *kick*

## Pyramid Free Set (1000)

50 *fast*@1:10

100 *drill*@ 2:00

150 *build by*50 @ 3:30

200 *easy*@4:00

200 *easy*@4:00

150 *build by*50 @ 3:30

100 *drill*@ 2:00

50 *fast*@1:10

## IM Set (500)

4 # 125 *IM*@ 3:30

J	#1	#2	#3	#4	N
K	50 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	50 <i>back</i>	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	50 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	50 <i>free</i>	P

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (300)

100 *not free*

200 *free*

Total Distance 2600 yards

# C

## Warm Up (300)

200 *choice*

100 *kick*

## Pyramid Free Set (800)

50 *fast*@1:30

100 *drill*@ 2:30

150 *build by*50 @ 3:00

200 *easy*@4:00

150 *build by*50 @ 3:00

100 *drill*@ 2:30

50 *fast*@1:30

## IM Set (500)

4 # 125 *IM*@ 4:00

J	#1	#2	#3	#4	N
K	50 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	50 <i>back</i>	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	50 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	50 <i>free</i>	P

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (300)

100 *not free*

200 *free*

Total Distance 2400 yards