

A

Warm Up (200)

200 *choice*

IM Set (1200)

3 # 200 *IM@ 0:30 rest between each*

Turn Work With The Coaches

3 # 200 *IM@ 0:30 rest between each*

Cool Down (200)

200 *free*

Total Distance 1600 yards

B

Warm Up (200)

200 *choice*

IM Set (1200)

3 # 200 *IM@ 0:30 rest between each*

Turn Work With The Coaches

3 # 200 *IM@ 0:30 rest between each*

Cool Down (200)

200 *free*

Total Distance 1600 yards

C

Warm Up (200)

200 *choice*

IM Set (1200)

3 # 200 *IM@ 0:30 rest between each*

Turn Work With The Coaches

3 # 200 *IM@ 0:30 rest between each*

Cool Down (200)

200 *free*

Total Distance 1600 yards