

## A

### Warm Up (600)

200 *choice*

200 *kick*

200 *free*

### Drop Deads (450)

6 # 75 *drop dead*

*free, back, breast, free, choice, free*

### Sprint Set (1700)

400 *easy*@ 7:00

2 # 50 *fast*@ 1:00

300 *easy*@ 5:30

3 # 50 *fast*@ 1:00

200 *easy*@ 4:00

4 # 50 *fast*@ 1:00

100 *easy*@ 2:00

5 # 50 *fast*@ 1:00

### Cool Down (250)

250 *free*

Total Distance 3000 yards

## B

### Warm Up (500)

200 *choice*

100 *kick*

200 *free*

### Drop Deads (450)

6 # 75 *drop dead*

*free, back, breast, free, choice, free*

### Sprint Set (1500)

400 *easy*@ 8:00

1 # 50 *fast*@ 1:15

300 *easy*@ 6:00

2 # 50 *fast*@ 1:15

200 *easy*@ 4:30

3 # 50 *fast*@ 1:15

100 *easy*@ 2:30

4 # 50 *fast*@ 1:15

### Cool Down (250)

250 *free*

Total Distance 2700 yards

## C

### Warm Up (400)

200 *choice*

100 *kick*

100 *free*

### Drop Deads (450)

6 # 75 *drop dead*

*free, back, breast, free, choice, free*

### Sprint Set (1200)

200 *easy*@ 3:00

1 # 50 *fast*@ 1:30

200 *easy*@ 3:00

2 # 50 *fast*@ 1:30

200 *easy*@ 3:00

3 # 50 *fast*@ 1:30

100 *easy*@ 3:00

4 # 50 *fast*@ 1:30

### Cool Down (250)

250 *free*

Total Distance 2400 yards