

# A

## Warm Up (400)

200 *choice*

200 *free*

## Main Set (1600)

{ 4 # 100 *medium*@ 1:40  
 { 3 # 50 *fast*@ 1:00  
*Free* { 2 # 100 *easy*@ 2:00  
 { 1 # 50 *fast*@ 1:00  
 \ Z  
 { 4 # 100 *medium*@ 1:50  
 { 3 # 50 *fast*@ 1:10  
*Choice* { 2 # 100 *easy*@ 2:10  
 { 1 # 50 *fast*@ 1:10

## Storke and Turn Work

## Cool Down (200)

200 *free*

Total Distance 2200 yards

# B

## Warm Up (400)

200 *choice*

200 *free*

## Main Set (1100)

{ 3 # 100 *medium*@ 2:00  
 { 2 # 50 *fast*@ 1:20  
*Free* { 1 # 100 *easy*@ 2:20  
 { 1 # 50 *fast*@ 1:20  
 \ Z  
 { 3 # 100 *medium*@ 2:10  
 { 2 # 50 *fast*@ 1:30  
*Choice* { 1 # 100 *easy*@ 2:30  
 { 1 # 50 *fast*@ 1:30

## Storke and Turn Work

## Cool Down (200)

200 *free*

Total Distance 1700 yards

# C

## Warm Up (400)

200 *choice*

200 *free*

## Main Set (1600)

{ 3 # 100 *medium*@ 2:30  
*Free* { 2 # 50 *fast*@ 1:30  
 { 1 # 100 *easy*@ 2:30  
 \ Z  
 { 3 # 100 *medium*@ 2:40  
*Choice* { 2 # 50 *fast*@ 1:40  
 { 1 # 100 *easy*@ 2:40

## Storke and Turn Work

## Cool Down (200)

200 *free*

Total Distance 2200 yards