

A

Warm Up (300)

200 *choice*

100 *kick*

Main Set (2000)

4 #) 300 *free*@ 5:30
4 # 50 *IM order*@1:00

Team Sprint Set (900)

6 # * 50 *fast choice*@ 1:30
100 *easy*@ 2:15

Cool Down (200)

200 *Choice*

Total Distance 3400 yards

B

Warm Up (300)

200 *choice*

100 *kick*

Main Set (1500)

3 #) 300 *free*@ 6:30
4 # 50 *IM order*@1:30

Team Sprint Set (900)

6 # * 50 *fast choice*@ 1:30
100 *easy*@ 2:15

Cool Down (200)

200 *Choice*

Total Distance 2900 yards

C

Warm Up (300)

200 *choice*

100 *kick*

Main Set (1000)

2 #) 300 *free*@ 7:30
4 # 50 *IM order*@ 2:00

Team Sprint Set (600)

6 # * 50 *fast choice*@ 1:30
100 *easy*@ 2:15

Cool Down (200)

200 *Choice*

Total Distance 2400 yards