

A

Warm Up (300)

200 *choice*

100 *kick*

Main Set (800)

8 # 100 @1:45

Odds IM

Evens Free

Distance Set (900)

3 # 300 *free*@5:00

Sprint Set (600)

12 # 50 @1:15

IM order

Cool Down (200)

200 *Choice*

Total Distance 2800 yards

B

Warm Up (300)

200 *choice*

100 *kick*

Main Set (600)

6 # 100 @2:15

Odds IM

Evens Free

Distance Set (600)

2 # 300 *free*@6:00

Sprint Set (600)

12 # 50 @1:30

IM order

Cool Down (200)

200 *Choice*

Total Distance 2300 yards

C

Warm Up (300)

200 *choice*

100 *kick*

Main Set (400)

4 # 100 @2:45

Odds IM

Evens Free

Distance Set (600)

2 # 300 *free*@7:00

Sprint Set (400)

8 # 50 @1:45

IM order

Cool Down (200)

200 *Choice*

Total Distance 1900 yards