

## A

Warm Up (200)  
200 *choice*

Time trials (250)  
50 *free*  
50 *breast*  
50 *back*  
50 *fly*  
100 *free*

Pyramid Free Set (800)  
50 *fast*@ 1:30  
100 *drill*@ 2:30  
150 *build by*50 @ 4:00  
200 *easy*@5:00  
200 *easy*@5:00  
150 *build by*50 @ 4:00  
100 *drill*@ 2:30  
50 *fast*@ 1:30

Cool Down (200)  
200 *Choice*  
Total Distance 1650 yards

## B

Warm Up (200)  
200 *choice*

Time trials (250)  
50 *free*  
50 *breast*  
50 *back*  
50 *fly*  
100 *free*

Pyramid Free Set (800)  
50 *fast*@ 1:30  
100 *drill*@ 2:30  
150 *build by*50 @ 4:00  
200 *easy*@5:00  
150 *build by*50 @ 4:00  
100 *drill*@ 2:30  
50 *fast*@ 1:30

Cool Down (200)  
200 *Choice*  
Total Distance 1450 yards

## C

Warm Up (200)  
200 *choice*

Time trials (250)  
50 *free*  
50 *breast*  
50 *back*  
50 *fly*  
100 *free*

Pyramid Free Set (500)  
25 *fast*@ 1:00  
50 *drill*@ 2:00  
75 *build by*50 @ 3:00  
100 *easy*@4:00  
100 *easy*@4:00  
75 *build by*50 @ 3:00  
50 *drill*@ 2:00  
25 *fast*@ 1:00

Cool Down (200)  
200 *Choice*  
Total Distance 1150 yards

