

A

Warm Up (200)
200 *choice*

Sprint Set 1600

4 # * 4 # 50 *fast*@1:30
200 *easy*@ 4:00

1 *and* 3 *the* 50s *are free*

2 *and* 4 *the* 50s *are IM*

Stroke and Turn Work

Cool Down (200)
200 *Choice*

Total Distance 1600 yards

B

Warm Up (200)
200 *choice*

Sprint Set 1200

3 # * 4 # 50 *fast*@2:00
200 *easy*@ 5:00

1 *and* 3 *the* 50s *are free*

2 *the* 50s *are IM*

Stroke and Turn Work

Cool Down (200)
200 *Choice*

Total Distance 1600 yards

C

Warm Up (200)
200 *choice*

Sprint Set 800

2 # * 4 # 50 *fast*@1:30
200 *easy*@ 4:00

1 *the* 50s *are free*

2 *the* 50s *are IM*

Stroke and Turn Work

Cool Down (200)
200 *Choice*

Total Distance 1600 yards