

A

Warm Up (400)

200 *choice*
200 *kick*

IM Ladder (1000)

50 *fly*@ 1:15
100 *back*@ 2:15
150 *breast*@ 3:45
200 *free*@ 4:00
200 *free*@4:00
150 *breast*@ 3:45
100 *back*@ 2:15
50 *fly*@ 1:15

Free Set(1000)

10 # 100 *free*@ 2:00

Cool Down (200)

200 *Choice*

Total Distance 2600

B

Warm Up (400)

200 *choice*
200 *kick*

IM Ladder (800)

50 *fly*@ 1:30
100 *back*@ 2:45
150 *breast*@ 4:30
200 *free*@ 5:00
150 *breast*@ 4:30
100 *back*@ 2:45
50 *fly*@ 1:30

Free Set(600)

6 # 100 *free*@ 2:30

Cool Down (200)

200 *Choice*

Total Distance 2000

C

Warm Up (400)

200 *choice*
200 *kick*

IM Ladder (500)

25 *fly*@ 0:45
50 *back*@ 1:30
75 *breast*@ 2:00
100 *free*@ 2:45
100 *free*@2:45
75 *breast*@ 2:00
50 *back*@ 1:30
25 *fly*@ 0:45

Stroke Work (alt breathing)

Free Set(500)

5 # 100 *free*@ 2:45

Cool Down (200)

200 *Choice*

Total Distance 1600