

A

Warm Up (400)

200 *choice*

200 *kick*

Main Set (1400)

2 # 100 *free drill*@2:00

4 # 75 *IM order drill*@1:50

2 # 100 *free build*@2:00

4 # 50 *IM order build*@1:15

2 # 100 *free fast*@2:00

4 # 25 *IM order sprint* @0:40

2 # 100 *free easy*@2:00

Stroke, Turn and Relay starts

Cool Down (200)

200 *Choice*

Total Distance 2000 yards

B

Warm Up (400)

200 *choice*

200 *kick*

Main Set (1200)

2 # 100 *free drill*@2:30

4 # 50 *IM order drill*@1:40

2 # 100 *free build*@2:15

4 # 50 *IM order build*@1:40

2 # 100 *free fast*@2:15

4 # 25 *IM order sprint* @0:50

1 # 100 *free easy*@2:30

Stroke, Turn and Relay starts

Cool Down (200)

200 *Choice*

Total Distance 1800 yards

C

Warm Up (400)

200 *choice*

200 *kick*

Main Set (900)

2 # 100 *free drill*@2:45

4 # 50 *IM order build*@1:45

2 # 100 *free fast*@2:45

4 # 25 *IM order sprint* @1:15

2 # 100 *free easy*@2:45

Stroke, Turn and Relay starts

Cool Down (200)

200 *Choice*

Total Distance 1500 yards