

A

Warm Up (300)
300 *choice*

Vertical Kick Set

Turn Drill

Main Set (1200)
8 # 50 *free*@1:00
8 # 50 *IM order*@1:15
8 # 50 *free*@1:00

Cool Down (200)
200 *Choice*

Total Distance 1700 yards

B

Warm Up (300)
300 *choice*

Vertical Kick Set

Turn Drill

Main Set (1000)
8 # 50 *free*@1:15
4 # 50 *IM order*@1:30
8 # 50 *free*@1:15

Cool Down (200)
200 *Choice*

Total Distance 1500 yards

C

Warm Up (300)
300 *choice*

Vertical Kick Set

Turn Drill

Main Set (1200)
6 # 50 *free*@1:30
4 # 50 *IM order*@1:45
6 # 50 *free*@1:30

Cool Down (200)
200 *Choice*

Total Distance 1600 yards