

## A

### Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1: 15

### Free Set (900)

12 # 75 @ 1: 30

*Odds. easy, fast, easy by25*

*Evens. fast, easy, fast by25*

### IM Set (800)

8 # 100 *IM*@ 2: 00

### Sprint Set (500)

10 # 50 *fast*@1: 30

### Cool Down (200)

200 *Choice*

Total Distance 3000 yards

## B

### Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1: 30

### Free Set (600)

8 # 75 @ 1: 50

*Odds. easy, fast, easy by25*

*Evens. fast, easy, fast by25*

### IM Set (600)

6 # 100 *IM*@ 2: 30

### Sprint Set (500)

10 # 50 *fast*@1: 30

### Cool Down (200)

200 *Choice*

Total Distance 2500 yards

## C

### Warm Up (400)

200 *choice*

100 *not free*

2 # 50 *kick*@ 1: 45

### Free Set (600)

8 # 75 @ 2: 00

*Odds. easy, fast, easy by25*

*Evens. fast, easy, fast by25*

### IM Set (400)

4 # 100 *IM*@ 3: 00

### Sprint Set (500)

10 # 50 *fast*@1: 30

### Cool Down (200)

200 *Choice*

Total Distance 2100 yards

