

# A

## Warm Up (400)

300 *choice*

100 *kick*

## Main Set (1900)

{ 300 *free* @ 4:30  
 { 150 *fl, fr, bk, fr, br, fr by*25 @ 3:00  
 2 # { 200 *free* @ 3:00  
 { 300 *fl, fr, bk, fr, br, fr by*50 @ 6:00  
 { 100 *free* @ 1:30

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (200)

200 *Choice*

Total Distance 3000 yards

# B

## Warm Up (400)

300 *choice*

100 *kick*

## Main Set (1500)

{ 100 *free* @ 1:45  
 { 150 *fl, fr, bk, fr, br, fr by*25 @ 3:30  
 2 # { 100 *free* @ 1:45  
 { 300 *fl, fr, bk, fr, br, fr by*50 @ 7:00  
 { 100 *free* @ 1:45

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (200)

200 *Choice*

Total Distance 2600 yards

# C

## Warm Up (400)

300 *choice*

100 *kick*

## Main Set (950)

{ 200 *free* @ 4:30  
 { 150 *fl, fr, bk, fr, br, fr by*25 @ 5:00  
 1 # { 100 *free* @ 2:15  
 { 300 *fl, fr, bk, fr, br, fr by*50 @ 10:00  
 { 200 *free* @ 4:30

## Broken 500

25s @ 0:30, 50s @ 1:00, 75s @ 1:30

25 *fast*, 50 *build*, 25 *fast*

75 *easy*, 25 *fast*

50 *build*, 50 *build*

25 *fast*, 75 *easy*

25 *fast*, 50 *build*, 25 *fast*

## Cool Down (200)

200 *Choice*

Total Distance 2150 yards