

W	A	V	E	S
8x50 Drill/Swim; 15 sec rest	100 Freestyle; Fast	300 Breast/Free	5x100 Kick	400 FRIM/IM
200 Head Up Free	6x75 Kick; 10 sec rest	4x75 Kick-Drill-Swim IM order; 10 sec rest	150 Doggy Paddle	500 Free
6x100: even AOS; odd free; 20 sec rest	8x50 Pull/swim;	FREE	150 middle 50 fast	300 Free- Breath every 3rd
3x100 Choice Stroke	5x100 free Descend 1-4 hold 5	400 FRIM/IM	300 Free Finger Drag	4x50 sidestroke
300 Drill Choice	18x25 Sprint Free/Back/Br	50-75-100 Ladder Choice; Up and Down	8x75 Pull; 20 sec rest	300 Back

W	A	V	E	S
8x50 Pull/swim;	150 Doggy Paddle	5x100 Kick	200 Head Up Free	4x75 Kick-Drill-Swim IM order; 10 sec rest
300 Breast/Free	8x75 Pull; 20 sec rest	400 FRIM/IM	18x25 Sprint Free/Back/Br	500 Free
3x100 Choice Stroke	150 middle 50 fast	FREE	300 Free- Breath every 3rd	100 Freestyle; Fast
300 Free Finger Drag	50-75-100 Ladder Choice; Up and Down	8x50 Drill/Swim; 15 sec rest	300 Back	5x100 free Descend 1-4 hold 5
400 FRIM/IM	4x50 sidestroke	6x100: even AOS; odd free; 20 sec rest	6x75 Kick; 10 sec rest	300 Drill Choice

W	A	V	E	S
18x25 Sprint Free/Back/Br	50-75-100 Ladder Choice; Up and Down	150 Doggy Paddle	4x50 sidestroke	150 middle 50 fast
8x50 Drill/Swim; 15 sec rest	3x100 Choice Stroke	400 FRIM/IM	6x75 Kick; 10 sec rest	400 FRIM/IM
6x100: even AOS; odd free; 20 sec rest	300 Back	FREE	5x100 free Descend 1-4 hold 5	300 Free Finger Drag
8x50 Pull/swim;	500 Free	5x100 Kick	8x75 Pull; 20 sec rest	300 Breast/Free
300 Free- Breath every 3rd	100 Freestyle; Fast	4x75 Kick-Drill-Swim IM order; 10 sec rest	200 Head Up Free	300 Drill Choice