

W	A	V	E	S
50 Fly 75 Free 75 Back	100 Doggy Paddle	150 Breast	4x50 Free Pull	3x100 Kick
100 Your Choice Stroke	4x75 Kick-Drill-Swim 150 IM skip Free	3x100: even Back; odd Free; 20 sec rest	100 Freestyle; Fast	400 Free
4x50 Sidestroke	5x50 Free	SWIM FAST	100 Head Up Free	200 Free- Breath every 3rd
200 IM	4x50 Pull Fly 20 sec rest	300 Free	200 Back	3x100 Your Choice Stroke
150 Breast 150 Free	100 IM	3x75 Kick; 10 sec rest	8x50 Free; 15 sec rest	10x25 Sprint Free

W	A	V	E	S
5x50 Free	100 Freestyle; Fast	4x50 Free Pull	100 Your Choice Stroke	3x100: even Back; odd Free; 20 sec rest
150 Breast	8x50 Free; 15 sec rest	3x100 Kick	100 IM	400 Free
200 IM	100 Head Up Free	SWIM FAST	200 Free- Breath every 3rd	100 Doggy Paddle
200 Back	3x75 Kick; 10 sec rest	50 Fly 75 Free 75 Back	10x25 Sprint Free	4x50 Pull Fly 20 sec rest
300 Free	3x100 Your Choice Stroke	4x50 Sidestroke	4x75 Kick-Drill-Swim 150 IM skip Free	150 Breast 150 Free

W	A	V	E	S
100 IM	3x75 Kick; 10 sec rest	100 Freestyle; Fast	3x100 Your Choice Stroke	100 Head Up Free
50 Fly 75 Free 75 Back	200 IM	300 Free	4x75 Kick-Drill-Swim 150 IM skip Free	3x100 Kick
4x50 Sidestroke	10x25 Sprint Free	SWIM FAST	4x50 Pull Fly 20 sec rest	200 Back
5x50 Free	400 Free	4x50 Free Pull	8x50 Free; 15 sec rest	150 Breast
200 Free- Breath every 3rd	100 Doggy Paddle	3x100: even Back; odd Free; 20 sec rest	100 Your Choice Stroke	150 Breast 150 Free