

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	PIRANHAS	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	PIRANHAS	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	PIRANHAS	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