

B	I	N	G	O
8x50 Drill/Swim; Must do 2 Fly 2 Br 2 Choice; 15 sec rest	100 Back	200 Head Up Free	5x100 Kick No Free	400 IM
150 Corkscrew	6x75 Kick; 10 sec rest	4x75 K-D-S IM order; 10 sec rest	100 Breast	500 Free
6x100: even butterfly; odd free; 20 sec rest	8x50 Pull/swim; no Free	FREE	100 Freestyle	300 Free Fingertip Drag
300 Free- Breath every 3rd	5x100 free Descend	3x100 Choice Stroke	300 Drill Choice	4x50 sidestroke
200 IM KICK	10x25 Sprint Free/Fly/Br	50-75-100 Ladder Choice; Up and Down	8x75 Pull; 20 sec rest	150 Doggy Paddle

B	I	N	G	O
8x50 Pull/swim; no Free	100 Breast	5x100 Kick No Free	150 Corkscrew	4x75 K-D-S IM order; 10 sec rest
200 Head Up Free	8x75 Pull; 20 sec rest	400 IM	10x25 Sprint Free/Fly/Br	500 Free
300 Free- Breath every 3rd	100 Freestyle	FREE	300 Free Fingertip Drag	100 Back
300 Drill Choice	50-75-100 Ladder Choice; Up and Down	8x50 Drill/Swim; Must do 2 Fly 2 Br 2 Choice; 15 sec rest	150 Doggy Paddle	5x100 free Descend
3x100 Choice Stroke	4x50 sidestroke	6x100: even butterfly; odd free; 20 sec rest	6x75 Kick; 10 sec rest	200 IM KICK

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8x50 Pull/swim; no Free	500 Free	5x100 Kick No Free	8x75 Pull; 20 sec rest	200 Head Up Free
300 Free Fingertip Drag	100 Back	4x75 K-D-S IM order; 10 sec rest	150 Corkscrew	200 IM KICK