F	C	S	T	S
8x50 Drill/Swim; Must do 2 Fly 2 Br 2 Choice; 15 sec rest	100 Freestyle; must make it in 1:05	300 Breast	5x100 Kick No Free	400 IM
200 Head Up Free	6x75 Kick; 10 sec rest	4x75 K-D-S IM order; 10 sec rest	150 Corkscrew	500 Free
6x100: even butterfly; odd free; 20 sec rest	8x50 Pull/swim; no Free	**FREE**	150 Doggy Paddle	300 Free- Breath every 3rd
3x100 Choice Stroke	5x100 free Descend	400 IM	300 Free Fingertip Drag	4x50 sidestroke
300 Drill Choice	18x25 Sprint Free/Fly/Br	50-75-100 Ladder Choice; Up and Down	8x75 Pull; 20 sec rest	300 Back

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F	C	S	T	S
8x50 Pull/swim; no Free	150 Corkscrew	5x100 Kick No Free	200 Head Up Free	4x75 K-D-S IM order; 10 sec rest
300 Breast	8x75 Pull; 20 sec rest	400 IM	18x25 Sprint Free/Fly/Br	500 Free
3x100 Choice Stroke	150 Doggy Paddle	**FREE**	300 Free-Breath every 3rd	100 Freestyle; must make it in 1:05
300 Free Fingertip Drag	50-75-100 Ladder Choice; Up and Down	8x50 Drill/Swim; Must do 2 Fly 2 Br 2 Choice; 15 sec rest	300 Back	5x100 free Descend
400 IM	4x50 sidestroke	6x100: even butterfly; odd free; 20 sec rest	6x75 Kick; 10 sec rest	300 Drill Choice

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F	C	S	T	S
18x25 Sprint Free/Fly/Br	50-75-100 Ladder Choice; Up and Down	150 Corkscrew	4x50 sidestroke	150 Doggy Paddle
8x50 Drill/Swim; Must do 2 Fly 2 Br 2 Choice; 15 sec rest	3x100 Choice Stroke	400 IM	6x75 Kick; 10 sec rest	400 IM
6x100: even butterfly; odd free; 20 sec rest	300 Back	**FREE**	5x100 free Descend	300 Free Fingertip Drag
8x50 Pull/swim; no Free	500 Free	5x100 Kick No Free	8x75 Pull; 20 sec rest	300 Breast
300 Free-Breath every 3rd	100 Freestyle; must make it in 1:05	4x75 K-D-S IM order; 10 sec rest	200 Head Up Free	300 Drill Choice

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