

150	SWIM, 3 RD BK , 5 TH BRST 3 RD BACK or BRST	100	
150	PULL, 3 RD FLY, 5 TH SKULL 3 RD FLY/DRILL	100	
3 x 50	FLY/BK -FREE- BRST/FC BK/FREE , BRST/FREE	2 X 50	
3 X 50	25 FREE 25 IM ORDER 25 FREE 25 CHOICE	2 X 50	
600M		400M	
<u>3SETS</u>	50 DPS 50 FAST	50 DPS 50 FAST	<u>3SETS</u>
5 X 50	50 DPS 50 FAST 50 DPS	50 DPS	3 X 50
SET 1	FREE STYLE		SET 1
SET 2	BREAST	NOT FREE	SET 2
SET 3 IM	50 FLY/BK 50 BK/BRST 50 BRST/FREE 50 FREE/FLY 50 CHOICE		SET 3 CHOICE
250M	SWIM DOWN CHOICE DECENDING SPEED EACH 50		150M
1000/1600			600/1000