

	Group 1				Group 2				Group 3			
Warm-up	1 X 100	Free	Swim	2:00	1 X 100	Free	Swim	2:00	1 X 50	Free	Swim	2:00
	1 X 100	Choice	Kick	2:15	1 X 100	Choice	Kick	2:15	1 X 50	Choice	Kick	2:15
	1 X 100	Free	Pull	2:00	1 X 100	Free	Pull	2:00	1 X 50	Free	Pull	2:00
	<b>Repeat 3 times</b>				<b>Repeat 3 times</b>				<b>Repeat 3 times</b>			
<i>Set Total</i>	900		18:45		900		18:45		450		18:45	
Set 1	8 X 100	Free	Swim	1:25	8 X 100	Free	Swim	1:30	4 X 100	Free	Swim	3:00
	<b>Descend 1-4, 5-8</b>				<b>Descend 1-4, 5-8</b>				<b>Descend 1-4, 5-8</b>			
<i>Set Total</i>	800		11:20		800		12:00		400		12:00	
Set 2	8 X 75	Free	Swim	1:05	8 X 75	Free	Swim	1:10	4 X 75	Free	Swim	2:00
<i>Set Total</i>	600		8:40		600		9:20		300		8:00	
Set 3	8 X 50	Free	Swim	1:05	8 X 50	Free	Swim	1:05	4 X 50	Free	Swim	2:00
	<b>Min-Max*</b>				<b>Min-Max*</b>				<b>Min-Max*</b>			
<i>Set Total</i>	400		8:40		400		8:40		200		8:00	
Set 4	8 X 25	Stroke	Swim	0:40	8 X 25	Stroke	Swim	0:40	4 X 25	Stroke	Swim	1:00
<i>Set Total</i>	200		5:20		200		5:20		100		4:00	
Warm-down	100	Free	Swim	2:00	100	Free	Swim	2:00	100	Free	Swim	4:00
<b>Total</b>	<b>3000</b>		<b>1.7 Miles 00:54:45</b>		<b>3000</b>		<b>1.7 Miles 00:56:05</b>		<b>1550</b>		<b>0.9 Miles 00:54:45</b>	

**\*Min-Max: Count number of strokes in a 50 and add to your time: i.e.: 30 strokes + 35 seconds = 65. Try to reduce every 50**