

	Group 1				Group 2				Group 3			
Warm-up	2 X 200	Free Swim	4:00		2 X 200	Free Swim	4:00		2 X 100	Free Swim	4:00	
	4 X 50	Free Kick	1:15		4 X 50	Free Kick	1:15		4 X 25	Free Kick	1:15	
	1 X 200	Free Pull	4:00		1 X 200	Free Pull	4:00		1 X 100	Free Pull	4:00	
	4 X 50	Free Swim	1:00		4 X 50	Free Swim	1:00		4 X 25	Free Swim	1:00	
Set Total	<i>1000</i>		<i>21:00</i>		<i>1000</i>		<i>21:00</i>		<i>500</i>		<i>21:00</i>	
Set 1	8 X 100	Free Swim	1:30		8 X 100	Free Swim	1:45		8 X 50	Free Swim	1:30	
	7 X 100	IM Swim	2:00		7 X 100	IM Swim	2:15		7 X 50	Stroke Swim	2:00	
	Alternate 100 Free and 100 IM First 5 100s - Moderate Second 5 100s - Fast Third 5 100s - Moderate				Alternate 100 Free and 100 IM First 5 100s - Moderate Second 5 100s - Fast Third 5 100s - Moderate				Alternate 50 Free and 50 Stroke First 5 50s - Moderate Second 5 50s - Fast Third 5 50s - Moderate			
Set Total	<i>1500</i>		<i>26:00</i>		<i>1500</i>		<i>29:45</i>		<i>750</i>		<i>26:00</i>	
Set 2	8 X 50	Free Swim	0:55		8 X 50	Free Swim	0:55		8 X 25	Free Swim	0:55	
	Texas 50s - Start in the middle of the pool. Complete 50s with 2 flip turns				Texas 50s - Start in the middle of the pool. Complete 50s with 2 flip turns							
Set Total	<i>400</i>		<i>7:20</i>		<i>400</i>		<i>7:20</i>		<i>200</i>		<i>7:20</i>	
Warm-down	100	Free Swim	2:30		100	Free Swim	2:30		100	Free Swim	2:30	
<b>Total</b>	<b><i>3000</i></b>		<b><i>1.7 Miles</i></b>	<b><i>00:56:50</i></b>	<b><i>3000</i></b>		<b><i>1.7 Miles</i></b>	<b><i>01:00:35</i></b>	<b><i>1550</i></b>		<b><i>0.9 Miles</i></b>	<b><i>00:56:50</i></b>