

Group 1				Group 2				Group 3			
1 X 200	Free	Swim	4:00	1 X 200	Free	Swim	4:00	1 X 200	Free	Swim	4:00
1 X 200	Choice	Kick	5:00	1 X 200	Choice	Kick	5:00	1 X 200	Choice	Kick	5:00
1 X 200	Free	Pull	4:00	1 X 200	Free	Pull	4:00	1 X 200	Free	Pull	4:00
1 X 200	Free	Swim	4:00	1 X 200	Free	Swim	4:00	1 X 200	Free	Swim	4:00
4 X 50	Stroke	Swim	1:15	4 X 50	Stroke	Swim	1:15	4 X 50	Stroke	Swim	1:15
<i>1000</i>			<i>22:00</i>	<i>1000</i>			<i>22:00</i>	<i>1000</i>			<i>22:00</i>
1 X 75	Free	Swim	1:10	1 X 75	Free	Swim	1:30	1 X 75	Free	Swim	1:30
1 X 25	Fly	Swim	0:25	1 X 25	Fly	Swim	0:30	1 X 25	Fly	Swim	0:30
Complete 4 Times				Complete 4 Times				Complete 4 Times			
<i>400</i>			<i>6:20</i>	<i>400</i>			<i>8:00</i>	<i>400</i>			<i>8:00</i>
1 X 75	Free	Swim	1:05	1 X 75	Free	Swim	1:25	1 X 75	Free	Swim	1:25
1 X 25	Back	Swim	0:30	1 X 25	Back	Swim	0:35	1 X 25	Back	Swim	0:35
Complete 4 Times				Complete 4 Times				Complete 4 Times			
<i>400</i>			<i>6:20</i>	<i>400</i>			<i>8:00</i>	<i>400</i>			<i>8:00</i>
1 X 75	Free	Swim	1:00	1 X 75	Free	Swim	1:20	1 X 75	Free	Swim	1:20
1 X 25	Breast	Swim	0:35	1 X 25	Breast	Swim	0:40	1 X 25	Breast	Swim	0:40
Complete 4 Times				Complete 4 Times				Complete 4 Times			
<i>400</i>			<i>6:20</i>	<i>400</i>			<i>8:00</i>	<i>400</i>			<i>8:00</i>
1 X 75	IM	Swim	1:10	1 X 75	IM	Swim	1:30	1 X 75	IM	Swim	1:30
1 X 25	Free	Sprint	0:25	1 X 25	Free	Sprint	0:30	1 X 25	Free	Sprint	0:30
Complete 4 Times				Complete 4 Times				Complete 4 Times			
<i>400</i>			<i>6:20</i>	<i>400</i>			<i>8:00</i>	<i>400</i>			<i>8:00</i>
4 X 50	Free	Swim	1:00	4 X 50	Free	Swim	1:00	4 X 50	Free	Swim	1:00
<i>200</i>			<i>4:00</i>	<i>200</i>			<i>4:00</i>	<i>200</i>			<i>4:00</i>
200	Free	Swim	4:00	200	Free	Swim	4:00	200	Free	Swim	4:00
3000	1.7 Miles		00:55:20	3000	1.7 Miles		01:02:00	3000	1.7 Miles		01:02:00