

Group 1				Group 2				Group 3						
1 X 500	Free	Swim	10:00	1 X 500	Free	Swim	10:00	1 X 300	Free	Swim	10:00			
1 X 200	Drill	Choice	4:00	1 X 200	Drill	Choice	4:00	1 X 100	Drill	Choice	4:00			
1 X 100	Choice	Kick	3:00	1 X 100	Choice	Kick	3:00	1 X 50	Choice	Kick	3:00			
<i>800</i>		<i>17:00</i>		<i>800</i>		<i>17:00</i>		<i>450</i>		<i>17:00</i>				
1 X 100	Free	Swim	1:40	1 X 100	Free	Swim	1:50	1 X 50	Free	Swim	1:40			
1 X 150	Free	Swim	2:20	1 X 150	Free	Swim	2:30	1 X 100	Free	Swim	2:20			
1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:10	1 X 150	Free	Swim	3:00			
1 X 150	Free	Swim	2:10	1 X 150	Free	Swim	2:20	1 X 100	Free	Swim	2:10			
1 X 100	Free	Swim	1:20	1 X 100	Free	Swim	1:30	1 X 50	Free	Swim	1:20			
30 Seconds Rest				30 Seconds Rest				30 Seconds Rest						
<i>700</i>		<i>10:30</i>		<i>700</i>		<i>11:20</i>		<i>450</i>		<i>10:30</i>				
1 X 100	Free	Swim	1:20	1 X 100	Free	Swim	1:30	1 X 50	Free	Swim	1:20			
1 X 150	Free	Swim	2:10	1 X 150	Free	Swim	2:20	1 X 100	Free	Swim	2:10			
1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:10	1 X 150	Free	Swim	3:00			
1 X 150	Free	Swim	2:20	1 X 150	Free	Swim	2:30	1 X 100	Free	Swim	2:20			
1 X 100	Free	Swim	1:40	1 X 100	Free	Swim	1:50	1 X 50	Free	Swim	1:40			
30 Seconds Rest				30 Seconds Rest				30 Seconds Rest						
<i>700</i>		<i>10:30</i>		<i>700</i>		<i>11:20</i>		<i>450</i>		<i>10:30</i>				
1 X 100	Free	Swim	1:40	1 X 100	Free	Swim	1:50	1 X 50	Free	Swim	1:40			
1 X 150	Free	Swim	2:20	1 X 150	Free	Swim	2:30	1 X 100	Free	Swim	2:20			
1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:10	1 X 150	Free	Swim	3:00			
1 X 150	Free	Swim	2:10	1 X 150	Free	Swim	2:20	1 X 100	Free	Swim	2:10			
1 X 100	Free	Swim	1:20	1 X 100	Free	Swim	1:30	1 X 50	Free	Swim	1:20			
30 Seconds Rest				30 Seconds Rest				30 Seconds Rest						
<i>700</i>		<i>10:30</i>		<i>700</i>		<i>11:20</i>		<i>450</i>		<i>10:30</i>				
100	Free	Swim	2:30	100	Free	Swim	2:30	100	Free	Swim	2:30			
3000			1.7 Miles	00:51:00	3000			1.7 Miles	00:53:30	1900			1.1 Miles	00:51:00