

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 100	Choice	Kick	3:00
<i>800</i>			<i>17:00</i>	<i>800</i>			<i>17:00</i>	<i>500</i>			<i>17:00</i>
6 X 50	Stroke	Swim	1:00	6 X 50	Stroke	Swim	1:15	6 X 25	Stroke	Swim	1:00
<i>300</i>			<i>6:00</i>	<i>300</i>			<i>7:30</i>	<i>150</i>			<i>6:00</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	3:15	1 X 150	Free	Swim	4:00
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	1:40	1 X 50	Free	Swim	1:40
<i>700</i>			<i>10:30</i>	<i>700</i>			<i>11:15</i>	<i>450</i>			<i>11:30</i>
8 X 50	Free	Swim	1:30	8 X 50	Free	Swim	1:30	8 X 50	Free	Swim	2:30
Start in Deep End. After 50 <b>SPRINT</b> , 30 seconds Vertical Kicking				Start in Deep End. After 50 <b>SPRINT</b> , 30 seconds Vertical Kicking				Start in Deep End. After 50 <b>SPRINT</b> , 30 seconds Vertical Kicking			
<i>400</i>			<i>12:00</i>	<i>400</i>			<i>12:00</i>	<i>400</i>			<i>20:00</i>
4 X 150	Free	*	2:30	4 X 150	Free	*	3:00	4 X 100	Free	*	2:30
* Alternate Pull/Swim				* Alternate Pull/Swim				* Alternate Pull/Swim			
<i>600</i>			<i>10:00</i>	<i>600</i>			<i>12:00</i>	<i>400</i>			<i>10:00</i>
200	Free	Swim	4:00	200	Free	Swim	4:00	100	Free	Swim	4:00
<b>3000</b>			<b>1.7 Miles</b>	<b>3000</b>			<b>1.7 Miles</b>	<b>2000</b>			<b>1.1 Miles</b>
			<b>00:59:30</b>				<b>01:03:45</b>				<b>01:08:30</b>