

	Group 1				Group 2				Group 3					
Warm-up	1 X 300	Free	Swim	4:00	1 X 300	Free	Swim	4:00	1 X 150	Free	Swim	4:00		
	5 X 50	Choice	Kick	1:15	5 X 50	Choice	Kick	1:15	4 X 25	Choice	Kick	1:15		
	1 X 150	Free	Pull	4:00	1 X 150	Free	Pull	4:00	1 X 100	Free	Pull	4:00		
	6 X 50	Free	Swim	1:00	6 X 50	Free	Swim	1:00	6 X 25	Free	Swim	1:00		
<b>Set Total</b>	<i>1000</i>			<i>20:15</i>	<i>1000</i>			<i>20:15</i>	<i>500</i>			<i>19:00</i>		
Set 1	1 X 50	Stroke	Swim	1:00	1 X 50	Stroke	Swim	1:10	1 X 25	Choice	Swim	1:00		
	1 X 100	Free	Swim	1:30	1 X 100	Free	Swim	1:40	1 X 75	Free	Swim	2:00		
	1 X 50	Choice	Kick	1:30	1 X 50	Choice	Kick	1:30	1 X 50	Choice	Kick	2:00		
	1 X 100	Stroke	Swim	1:45	1 X 100	Stroke	Swim	1:50	1 X 50	Stroke	Swim	2:00		
	1 X 50	Free	Swim	1:00	1 X 50	Free	Swim	1:10	1 X 50	Free	Swim	2:00		
<b>Set Total</b>	<b>Complete 3 times</b> <i>1050</i>			<i>15:00</i>	<b>Complete 3 times</b> <i>1050</i>			<i>16:30</i>	<b>Complete 3 times</b> <i>750</i>			<i>21:00</i>		
Set 2	6 X 50	Choice	Kick	1:30	6 X 50	Choice	Kick	1:30	6 X 25	Choice	Kick	1:30		
	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00		
<b>Set Total</b>	<i>350</i>			<i>10:00</i>	<i>350</i>			<i>10:00</i>	<i>200</i>			<i>10:00</i>		
Set 3	8 X 75	Free	Swim	1:10	8 X 75	Free	Swim	1:15	8 X 50	Free	Swim	1:30		
<b>Set Total</b>	<i>600</i>			<i>9:20</i>	<i>600</i>			<i>10:00</i>	<i>400</i>			<i>12:00</i>		
Set 4	10 X 50	Stroke	Swim	1:10	10 X 50	Stroke	Swim	1:10	6 X 50	Stroke	Swim	1:30		
	2 Flip Turn 50s - Start in the middle of the pool				2 Flip Turn 50s - Start in the middle of the pool				2 Flip Turn 50s - Start in the middle of the pool					
<b>Set Total</b>	<i>500</i>			<i>11:40</i>	<i>500</i>			<i>11:40</i>	<i>300</i>			<i>9:00</i>		
Warm-down	100	Free	Swim	4:00	100	Free	Swim	4:00	100	Free	Swim	4:00		
<b>Total</b>	<b><i>3600</i></b>			<b><i>2.0 Miles</i></b>	<b><i>01:10:15</i></b>	<b><i>3600</i></b>			<b><i>2.0 Miles</i></b>	<b><i>01:12:25</i></b>	<b><i>2250</i></b>		<b><i>1.3 Miles</i></b>	<b><i>01:15:00</i></b>