

Level 1**100 WU**

(50 free/50 choice)

8x25 kick w/board

fins if you got'em; flex ankle; slight bend to knee; lvl 2/3 last 50 kick for speed

4x25 catchup w/board**4x25 free****3x10 bobs****4x25 kick w/brd**face in wtr**4x25 free****10 min continuous****CD 100 choice****Total:~1100****RI – 30 seconds on drills; 1 minute on builds/descending****Level 2****200 WU**

(100 free/100 choice)

500 marker set**4x50 kick w/board****2x50 catchup**

Kick only to maintain balance; fins okay.....

4x50 fingertip drag

high elbows; roll to side

4x50 1 arm extendedsame side all the way down; switch at end; lvl 3 switch every 6 kicks**4x25 stroke count**

count down coast back

4x50 Descending**2x100 build**

(each 25 gets faster)

CD 100 choice**2000****Level 3****200 WU**

(100 free/100 choice)

500 marker set**6x50 kick w/board****4x50 catchup****4x50 fingertip drag****4x50 1 arm extended****4x25 stroke count****4x50 Descending****4x100 build****CD 100 free, 100 choice****2500****Level 1****100 WU**

(50 free/50 choice)

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count down coast back

4x50 Descending**2x100 build**

(each 25 gets faster)

CD 100 choice**2000****Level 3****200 WU**

(100 free/100 choice)

500 marker set**6x50 kick w/board****4x50 catchup****4x50 fingertip drag****4x50 1 arm extended****4x25 stroke count****4x50 Descending****4x100 build****CD 100 free, 100 choice****2500**