

Level 1**100 WU**

(50 free/50 choice)

4x25 catchup**4x25 fingertip drag****4x25 kick w/board****4x25 1 arm extended****4x25 stroke count****4x25 free****10 min continuous****CD 100 choice****Total:**

~1100

Level 2**200 WU**

(150 free/50 choice)

2x50 catchup

Kick only to maintain balance.....

2x50 fingertip drag

high elbows.....

4x50 kick w/board**4x25 1 arm extended**

same side all the way down; switch at end

4x25 stroke count

goal to reduce strokes by 2 by last 25

4x25 stroke count+time**4x100 build (each 25 gets faster)****CD 100 choice**

1400

Level 3**200 WU**

(150 free/50 choice)

4x50 catchup**2x50 fingertip drag****4x50 kick w/board**

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

2x25 1 arm extended**6x25 stroke count****4x25 stroke count+time****6x100 build****CD 100 free, 100 choice**

1800

RI – 60 seconds on drills; 1 minute on builds