

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	200 (50 choice)
2x25 one arm extended	2x25 one arm extended	2x50 1 arm ext switch
2x25 1 arm ext switch	2x25 1 arm ext switch	2x50 catchup
2x25 catch up	2x50 catchup	2x50 fist drill
2x50 fist drill	2x50 fist drill	4x50 kick w/board
4x50 kick w/board fins	4x50 kick with board	4x25 stroke count+time
50 free no fins	100 free no fins	4x200 build
4x25 strk count+time	4x25 strk count + time	4x100 IM
4x100 build	3x200 build	400 pace
400 continuous	400 pace	
	100 CD	100 cd
1600	2050	2500

Build you start out slow and get faster ever 25