

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	200 (50 choice)
4x25 1 arm extended Switch after 6 secs	4x25 1 arm extended Switch after 6 secs	4x25 1 arm extended Switch after 6 secs
4x25 catch up	4x50 catchup	4x50 catchup
3x50 fist drill	3x50 fist drill	3x50 fist drill
4x50 kick w/board	4x50 kick with board	4x50 kick w/board
50 free no fins	100 free no fins	100 free no fins
3x100 build	4x100 build	3x200 build
Rest 3min	Rest 3min	Rest 3min
500 any stroke	6x25 speed; coast back	8x25 speed, coast back
	100 CD	100 CD
1550	1850	2100

Descending-faster on each rep; Build-start out slow & get faster every 25;
speed sprint down coast back