

<b>LVL 1</b>	<b>LVL 2</b>	<b>LVL 3</b>
<b>WU – 150 (50 choice)</b>	<b>WU – 200 (50 Choice)</b>	<b>200 (50 choice)</b>
<b>2x25 one arm extended</b>	<b>2x25 one arm extended</b>	<b>2x25 one arm extended</b>
<b>2x25 catch up</b>	<b>2x50 catchup</b>	<b>2x50 catchup</b>
<b>2x50 fist drill</b>	<b>2x50 fist drill</b>	<b>2x50 fist drill</b>
<b>4x50 kick w/board fins</b>	<b>4x50 kick with board</b>	<b>4x50 kick w/board</b>
<b>50 free no fins</b>	<b>100 free no fins</b>	<b>100 free no fins</b>
<b>6x25 descendings</b>	<b>8x50 descendings</b>	<b>10x50 descendings</b>
<b>2x100 build</b>	<b>2x100 build</b>	<b>2x100 build</b>
<b>Rest 3min</b>	<b>Rest 3min</b>	<b>Rest 3min</b>
<b>600 continuous any stroke</b>	<b>3x200 Pace -5sec</b>	<b>4x200 Pace -5sec</b>
	<b>100 CD</b>	<b>100 CD</b>
<b>1550</b>	<b>2050</b>	<b>2350</b>

Descending faster on each rep Build you start out slow and get faster ever 25