

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
4x50 kick w/board	4x50 kick with board	4x50 kick w/board
50 free no fins	100 free no fins	100 free no fins
8x50 descending RI 60"	10x50 descending RI 45"	12x50 descending RI 30"
Rest 3min	Rest 3min	Rest 3min
500 any stroke	200 at pace; technique	300 at pace; technique
	100 CD	100 CD
1450	1600	1800

Descending-faster on each rep; pace concentrating on long stroke