

<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>250 (100 choice)</b>
<b>6x25 descending 30" RI</b>	<b>6x25 descending 30" RI</b>	<b>6x25 descending 30" RI</b>
<b>Rest 3 mins</b>	<b>Rest 3 mins</b>	<b>Rest 3 mins</b>
<b>6x100 max 60" RI</b>	<b>8x100 max 60" RI</b>	<b>8x100 max 60" RI</b>
<b>3x50 kick</b>	<b>3x50 kick</b>	<b>3x50 kick</b>
<b>Rest 3 mins</b>	<b>Rest 3 mins</b>	<b>2x50 catchup</b>
<b>2x50 catch up</b>	<b>2x50 catch up</b>	<b>Rest 3min</b>
<b>2x50 one arm extended</b>	<b>2x50 one arm extended</b>	<b>2x50 Breast stroke kick</b>
<b>300 free pace</b>	<b>400 free pace</b>	<b>2x50 Breast</b>
		<b>2x50 back kick strmln</b>
<b>100 cd</b>	<b>100 cd</b>	<b>2x50 back</b>
		<b>1x50 fly kick</b>
		<b>1x50 fly</b>
		<b>2x100 im</b>
		<b>100 CD</b>
<b>1650</b>	<b>2000</b>	<b>2150</b>