

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	250 (100 choice)
4x200 moderate pace	4x200 moderate pace	4x200 moderate pace
Rest 3 mins	Rest 3 mins	Rest 3 mins
2x50 catchup	2x50 catchup	2x50 catchup
4x50 kick	4x50 kick	4x50 kick
2x50 one arm extended	2x50 one arm extended	Rest 3min
		4x100 im
200 cd	200 cd	200 CD
1850	1600	1950