

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	200 (50 choice)
4x25 1 arm extended	4x25 1 arm extended	4x25 1 arm extended
1x50 pull	2x50 pull	2x50 pull
4x25 catch up	4x50 catchup	4x50 catchup
2x50 pull	2x50 pull	2x50 pull
2x50 kick w/board	3x50 kick with board	4x50 kick w/board
800 any stroke	1200 any stroke	1500 (goal under 32')
100 CD at least 2 strokes	100 CD relax the arms	100 CD nice and slow
1400	2000	2550

RI 30" unless otherwise noted; control the breathing; relax through the long set