

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	200 (50 choice)
2x25 one arm extended	2x25 one arm extended	2x25 one arm extended
2x25 catch up	2x50 catchup	2x50 catchup
2x50 fist drill	2x50 fist drill	2x50 fist drill
4x50 kick w/board fins	4x50 kick with board	4x50 kick w/board
50 free no fins	100 free no fins	100 free no fins
6x25 descendings	6x50 descendings	8x50 descendings
2x100 build	2x100 build	2x100 build
Rest 3min	Rest 3min	Rest 3min
600 continuous any stroke	3x200 Pace	4x200 Pace
	100 CD	100 CD
1550	1950	2250

Descending-faster on each rep; Build-start out slow & get faster every 25