

LVL 1	LVL 2	LVL 3
WU – 150 (50 choice)	WU – 200 (50 Choice)	200 (50 choice)
2x50 one arm extended	2x50 one arm extended	2x50 one arm extended
2x50 catch up	2x50 catchup	2x50 catchup
4x50 kick w/board fins	4x50 kick with board	4x50 kick w/board
4x50 descendings	4x75 descendings	5x100 descendings
2x200 build	2x200 build	2x200 build
Rest 3min	Rest 3min	Rest 3min
5x100 pace RI 30"	3x200 Pace RI 30"	1x50 Breast stroke kick
		2x50 Breast
100 CD	100 CD	1x50 back kick strmln
		2x50 back
		1x50 fly kick
		2x50 fly
		2x100 im
		100 CD
1750	2000	2250