

Level 1

100 WU

(50 free/50 choice)
choice)

**4x25 kick w/board
w/board**

fins if you got'em; flex ankle; slight bend to knee; lvl 2/3 last 50 kick for speed

4x25 catchup

**4x25 fingertip drag
drag**

**4x25 1 arm extended
extended**

same side all the way down; switch at end;

6 strokes

4x25 kick w/brd

lvl 1 face in wtr

4x25 free

10 min continuous

**CD 100 choice
choice**

Total:~1100

RI – 60 seconds on drills; 1 minute on builds/descendings

Level 2

200 WU

(150 free/50 choice)

4x50 kick w/board

2x50 catchup

2x50 fingertip drag

high elbows; roll to side

4x25 1 arm extended

4x25 stroke count

goal to reduce strokes by 2 by last 25

4x25 stroke count+time

4x100 build

(each 25 gets faster)

CD 100 choice

1400

Level 3

200 WU

(200 free/100

4x50 kick

4x50 catchup

2x50 fingertip

2x50 1 arm

lvl 3 switch every

6x25 stroke count

4x50 Descending

6x100 build

CD 100 free, 100

1950