

Level 1**100 WU**

(50 free/50 choice)

4x50 kick w/board

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

4x50 catchup

Kick only to maintain balance; fins okay.....

3x50 pull

high elbows; roll to side

4x25 1 arm extendedswitch every 6 kicks**8x50**

fast down, coast back

2x50 1 arm**1x50 Tarzan****CD 100 choice****Total: 1400**

RI – 60 seconds on drills; 1 minute on builds

Level 2**200 WU**

(150 free/50 choice)

4x50 kick w/board**4x50 catchup****2x50 pull****4x25 1 arm extended****8x50****2x50 1 Arm****2x50 Tarzan****3x100 build****CD 100 choice****1800****Level 3****300 WU**

(200 free/100 choice)

4x50 kick w/board**4x50 catchup****4x50 pull****100 Free****8x50****2x50 1 Arm****2x50 Tarzan****3x200 build****200 choice****CD 100 free, 100 choice****2300**