

**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

**2x50 catchup**

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

**3x50 pull no kick****2x50 1 arm****50 Tarzan****3x50 Fist Drill****100 Free****4x50 Descending****200 Free****CD 100 choice****Total: 1450****Level 2****200 WU**

(150 free/50 choice)

**4x50 kick w/board****4x50 catchup****4x50 pull no kick****2x50 1 Arm****4x50 Fist Drill****150 Free****4x50 Descending****3x100 build****CD 100 choice****1850****Level 3****300 WU**

(200 free/100 choice)

**4x50 kick w/board****4x50 catchup****4x50 pull no kick****4x50 Fist Drill****200 Free****4x50 Descending****4x100 Build****4x50 Choice Kick****100 IM or 100 choice****CD 100 free, 100 choice****2300**

RI – 30-45 seconds on drills; 1 minute on builds; 30 secs on descendings