

Level 1**100 WU**

(50 free/50 choice)

4x50 kick streamline

fins if you got'em; hands out in front, one on top the other; face in water; breathe by lifting chin above water

2x50 catchup

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

4x50 pull no kick

pull buoy if you have it

2x100 pace RI 60"**6x50 Descendings****200 Build****2x50 Speed****CD 100 choice****Total: 1500****Level 2****200 WU**

(150 free/50 choice)

4x50 kick streamline**4x50 catchup****4x50 pull no kick****3x100 pace RI 45"****6x50 Descendings****2x200 Build****3x100 down max/back coast RI 60"****100 Free Long & Tall****CD 100 choice****2050****Level 3****300 WU**

(200 free/100 choice)

4x50 kick streamline**4x50 catchup****4x50 pull no kick****4x100 pace RI 45"****6x50 Descending****2x200 Build****5x100 down max back coast****100 IM or 100 choice****CD 100 free, 100 choice****2800**

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