

	Hard		Harder		Hardest		Time	Clock
Warm-up	200 choice	200	300 choice (build last 100)	300	400 choice (build last 100)	400	:10	8:10
Set 1	150 kick	150	200 kick	200	200 IM kick	200	:07	8:17
Set 2	8 x 25 on 1:00 (2 fr, 2 bk, 2 br, 2 fr) 50 ez	450	12 x 25 on :40 (3 fly, 3 bk, 3 br, 3 fr) 100 ez	400	16 x 25 on :30 (4 fly, 4 bk, 4 br, 4 fr) 100 ez	500	:11	8:28
Set 3	5 x 50 on 1:20 (evens stroke) 100 ez	350	6 x 50 on 1:10 (1 fly, 2 bk, 2 br, 1 fr) 200 ez	500	7 x 50 on 1:00 IM-around 200 ez	550	:12	8:40
Set 4	3 x 150 free on 4:00	450	3 x 150 IM on 4:00 (odd fly IM, even bk IM)	450	3 x 200 IM on 4:00 (3:45?)	600	:13	8:53
Cool-down	150 ez	150	200 ez	200	200 ez	200	:05	8:58
Totals		1750		2050		2450		