

	HARD	HARDER	HARDEST	Time	Clock
Warmup	300 choice	400 choice	500 choice	500 :10	8:10
Set 1	4 x 75 on 2:10 best non-free stroke	4 x 100 on 2:10 best non-free stroke	5 x 100 on 1:50 best non-free stroke	500 :11	8:21
	150 kick	200 kick	200 kick	200 :06	8:27
Set 2	4 x 75 on 2:10 worst non-free stroke	4 x 100 on 2:10 worst non-free stroke	5 x 100 on 1:50 worst non-free stroke	500 :11	8:38
	150 pull (moderate)	200 pull (moderate)	250 pull (moderate)	250 :05	8:43
Set 3	4 x 75 free on 1:50	4 x 100 free on 1:50	5 x 100 free on 1:30	500 :08	8:51
Cool Down	150 easy	200 easy	200 easy	200 :05	8:56
Totals	1650	2200	2650		