

	<b>HARD</b>	<b>HARDER</b>	<b>HARDEST</b>	Time	Clock
Warmup	100 ez swim 50 drill 100 build 250	150 ez swim 100 drill 150 build 400	200 ez swim 100 drill 200 build 500	:10	8:10
Set 1	8 x 25 on 1:00 (2 free, 2 back, 2 breast, 2 free)  50 kick 250	12 x 25 on :40 (3 fly, 3 back, 3 breast, 3 free)  100 kick 400	16 x 25 on :30 (4 fly, 4 back, 4 breast, 4 free)  100 kick 500	:10	8:20
Set 2	6 x 50 on 1:20 (stroke down, free back)  100 ez 400	8 x 50 on 1:00 IM Order (stroke down, free back)  150 ez 550	8 x 50 on 1:00 IM Order  200 ez 600	:12	8:32
Set 3	4 x 75 free on 1:50  50 kick 350	4 x 75 IM on 1:50  100 kick 400	4 x 100 IM on 1:50  100 kick 500	:10	8:42
Set 4	2 x 150 free  300	2 x 150 IM  300	2 x 200 IM  400	:05	8:47
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	8:52
Totals	1700	2250	2700		