

	HARD	HARDER	HARDEST	Time	Clock
Warmup	100 swim 100 k/d 50 stroke 250	200 swim 150 k/d/s 100 stroke 450	250 swim 150 k/d/s 100 IM 500	:10	
MAIN SET	THREE TIMES... 25, 25, 50, 75, 75, 50, 25, 25 w/ 10-15 sec rest followed by a 100 free (Masters minute between sets) first set is kick, swim, kick, ... second set is swim third set is pull 1350	THREE TIMES... 25, 50, 75, 75, 75, 75, 50, 25 w/ 10-15 sec rest followed by a 150 free (Masters minute between sets) first set is kick, swim, kick, ... second set is non-free stroke third set is pull 1800	THREE TIMES... 25, 50, 75, 100, 100, 75, 50, 25 w/ 10-15 sec rest followed by a 200 free (Masters minute between sets) first set is kick, swim, kick, ... second set is non-free stroke third set is pull 2100		
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	
Totals	1750	2450	2800		