

Dur/Yds	Hard	Dur/Yds	Harder	Dur/Yds	Hardest
7min/ 200yd	100 free  100 kick (any)	7min/ 250yd	150 (50 breast +100 free)  100 kick (25 whip + 75 free)	7min/ 300yd	200 IM  100 IM kick
19min x2= 38 min/ 800yd x2= 1600yd	4x25 fast, 15 sec rest between (IM order if possible)  200 easy, rest 30  Fast 50, rest 30  Fast 50, rest 30  300 easy, rest 1min  100 fast (dive in), rest 2  Do this 2 times.	19 min x2= 38 min/ 800yd X2 =1600yd	4x25 fast, IM order, 15 sec rest between  200 easy  Fast 50 (fly/back), rest 30  Fast 50 (breast/free), rest 30  300 easy, rest 1 min  Fast 100 IM (dive in), rest 2 min  Do this 2 times	19 min x2= 38 min/ 800yd X2 =1600yd	4x25 fast, IM order, 15 sec rest between  200 easy  Fast 50 (fly/back), rest 30  Fast 50 (breast/free), rest 30  300 easy, rest 1 min  Fast 100 IM (dive in), rest 2 min  Do this 2 times
6min/ 150yd	6x25 drill  (fists, archer, finger tip drag), rest 15 sec between	6min/ 200yd	8x25 drill IM order  (choice, or fly=right-left-both, back=fists, breast=2kick, 1pull, free=fists)	7min/ 250 yd	10x25 drill IM order, last 2=choice  (choice, or fly=right-left-both, back=fists, breast=2kick, 1pull, free=fists)
3min/ 100yd	100 free, long strokes	4min/ 200yd	200 free, long strokes	4min/ 200yd	200 free, long strokes