

Equip: Pull buoy, 2 kick boards

Time/ Yards	<u>Hard</u>
2:30 0:30 3:00 200y	100 swim 30 sec jumping jacks 100 pull
1:15 2:30 0:30 1:15 2:30 0:30 1:15 2:30 0:30 1:15 1:00 ^^^ 500y 1000y	50 free-fists 100 free swim 30 sec plank 50 free-fingertip drag 100 free swim 30 sec sit ups 50 free-archer 100 free 30 sec leg lifts 50 easy pull Rest 1 min ^^^ ^Do this 2 times
2:00 0:30 ^^^ 2:00 0:30 300y	3x 75 drill (choice or fist, fingertip drag, archer) 30 sec lunges/squats/wall sit ^^^ ^Do this 3 times 75 free fast 30 sec curtsy lunges
5:00 200y 1700y	200 choice, long, stretching strokes

Time/ Yards	<u>Harder</u>
3:30 0:30 2:00 250y	150 swim 30 sec jumping jacks 100 pull
1:05 2:10 0:30 1:05 2:10 0:30 1:05 2:10 0:30 1:05 2:10 0:30 1:00 1:00 ^^^ 550y 1100y	50 fly/free-drill 25fly+75free 30 sec plank 50 back/free-drill 25back+75 free 30 sec sit ups 50 breast/free-drill 25breast+75free 30 sec leg lifts 100 easy pull Rest 1 min ^^^ ^Do this 2 times
1:45 0:30 ^^^ 1:45 0:30 0:30 350y	25fly+50 free drill 30 sec lunges/squats/wall sit ^^^ ^Do this 3 times 100 free fast 25 easy 30 sec curtsy lunges
5:00 200 y 1950y	200 choice, long, stretching strokes

Time/ Yards	<u>Hardest</u>
3:30 0:30 2:00 300y	200 swim 30 sec jumping jacks 100 pull
1:00 2:00 0:30 1:00 2:00 0:30 1:00 2:00 0:30 1:00 2:00 0:30 3:30 1:00 ^^^ 650y 1300y	50 fly/free-drill 100 IM 30 sec plank 50 back/free-drill 100 IM 30 sec sit ups 50 breast/free-drill 100 IM 30 sec leg lifts 200 easy pull Rest 1 min ^^^ ^Do this 2 times
1:50 0:30 ^^^ 1:30 1:00 0:30 450	25fly+75 free drill 30 sec lunges/squats/wall sit ^^^ ^Do this 3 times 100 free fast 50 easy 30 sec curtsy lunges
5:00 200 y 2250y	200 choice, long, stretching strokes