

WARMUP:	300 Backstroke Sandwich (100 Free 100 Back 100 Free)	300
	16 X 50 on 1:10	
	1-4 25 Fly 25 Free	
	5-8 25 Back 25 Free	
	9-12 25 Breast 25 Free	
	13-16 25 Free 25 Free	1100
Pre Set	8 X 100 (Last Person Return (LPR)) 25 Front Scull 25 Feet First Scull 25 Breast Under H2O 25 IM Order (1 st fly, 2 nd Back...)	1900
Main Set	4 X 200 Free on 3:30 (IM order on turns) 4 X 100 Pull with paddles free on 1:40 4 X 50 Choice Fast (Race) on 1:20	3300
Kick	5 X 100 Kick with Board (LPR) 1. 100 ez 2. 25 (white water (ww) 75 ez 3. 50 ww 50 ez 4. 75 ww 25 ez 5. 100 ww	3800
Warm Down	4 X 50 on 2:00 1-3 Backstroke 4. Free	4000