

-1		<b>Hard</b>	<b>Harder: Choice</b>		<b>Hardest: IM Arouns <u>ONLY</u></b>
23:00	450	3 x 25 on :55 25 stroke on 1:30 2 x 50 on 1:30 2 X 75 pull 1 x 100 kick	3 x 25 on :55 3 x 50 on 1:30 3 X 75 on 2:00 3 x 100 on 2:30	750	3 x 25 on :55 3 x 50 on 1:30 3 X 75 on 2:00 3 x 100 on 2:30
		Rest 2:00	Rest 2:00		Rest 2:00
20:00	450	3 x 25 on :45 25 stroke on 1:15 2 x 50 on 1:15 2 X 75 pull 1 x 100 kick	3 x 25 on :45 3 x 50 on 1:15 3 X 75 on 1:40 3 x 100 on 2:00	750	3 x 25 on :45 3 x 50 on 1:15 3 X 75 on 1:40 3 x 100 on 2:00
		Rest 3:00	Rest 3:00		Rest 3:00
13:00	450	2 x 25 on :35 25 stroke on 1:00 2 x 50 on 1:00 2 X 75 pull 1 x 100 kick	3 x 25 on :35 3 x 50 on 1:00 3 X 75 on 1:20 3 x 100 on 1:30	750	3 x 25 on :35 3 x 50 on 1:00 3 X 75 on 1:20 3 x 100 on 1:30
4:00	50	Easy Swim (50)	Easy Swim (150)	150	Easy Swim (150)
60:00	1400			2400	