

-1		<b>Hard</b>		<b>Harder</b>		<b>Hardest</b>
8:00	300	300 free pull	400	400 free pull		500 free pull
13:00		On 0:30 rest: 25 stroke kick 50 free kick Repeat until 8:19	500	On 0:30 rest: 50 fly kick 100 back kick 150 breast kick 200 free kick		
11:30			500	On 0:20 rest: 50 stroke drill 100 drill (50 stroke + 50 free) 150 drill (75 stroke + 75 free) 200 drill (100 stroke/100 free)		
10:00				On 0:10 rest: 50 stroke 100 (50 stroke + 50 free) 150 (75 stroke + 75 free) 200 (100 stroke/100 free)		
10:00		My favorite 50 on 1:30		My favorite 50 on 1:30		My favorite 50 on 1:30


- 1 100 fly kick
- 1 200 breast kick
- 1 300 back kick
- 1 400 free kick
- use kickboard if you like