

		<b>Hard</b>		<b>Harder</b>		<b>Hardest</b>
12:30	400	200 Pull 100 Kick 100 Swim	400	200 Pull 100 Kick 100 Swim	600	300 Pull 200 Kick 100 Swim
5:00	125	6 segments of 0:40 1,2 free swim 3 rest 0:40 4,5,6 free swim Rest 1:00	150	6 x 25 on 0:40 1,2,3 no free (descend) 4,5,6 free (continue to descend) Rest 1:00	150	6 x 25 on 0:40 1,2,3 breaststroke (descend) 4,5,6 free (continue to descend) Rest 1:00
8:30	225	6 segments of 1:05 1,3,5 - 50 free 2,4,6 - 25 breast or back Rest 2:00	300	6 x 50 on 1:05 1,2,3 no free (descend) 4,5,6 free (continue to descend) Rest 2:00	300	6 x 50 on 1:05 1,2,3 backstroke (descend) 4,5,6 free (continue to descend) Rest 2:00
13:00	300	6 segments of 1:40 1,4 - 75 free 2,5 - 50 free 3,6 - 25 breast or back Rest 2:00	450	6 x 75 on 1:40 1,2,3 IM w/out free (descend) 4,5,6 free (continue to descend) Rest 2:00	450	6 x 75 on 1:40 1,2,3 butterfly (descend) 4,5,6 free (continue to descend) Rest 2:00
15:00	450	6 segments of 2:00 1,4 - 100 free 2,5 - 75 free 3,6 - 50 breast or back Rest 2:00	600	6 x 100 on 2:00 1,2,3 IM (descend) 4,5,6 free (continue to descend) Rest 2:00	600	6 x 100 on 2:00 1,2,3 IM (descend) 4,5,6 free (continue to descend) Rest 2:00
6:00	200	200 free, easy	200	200 easy IM		300 IM, easy
60:00	1700		2100		2400	