

		Hard		Harder		Hardest
60:00		<p>4 X 125 (75, rest 10, 50) free 3:30 6 X 25 kick 1:00 Rest 2:00</p> <p>3 X 125 (50 stroke, rest 10, 75 fr) 4:00 5 X 25 kick 1:00 Rest 2:00</p> <p>2 X 125 (100, rest 10, 25) free 3:20 6 X 25 kick 1:00 Rest 1:00</p> <p>1 X 100 IM 3:50</p>		<p>4 X 150/175 free 3:30 8 X 25 kick :45 Rest 2:00</p> <p>3 X 150/175 IM 4:00 8 X 25 kick :45 Rest 2:00</p> <p>2 X 150/175 free 3:20 8 X 25 kick :45 Rest 1:00</p> <p>1 X 150/175 IM 3:50</p>		<p>4 X 200 free 3:30 8 X 25 kick :45 Rest 2:00</p> <p>3 X 200 IM 4:00 8 X 25 kick :45 Rest 2:00</p> <p>2 X 200 free 3:20 8 X 25 kick :45 Rest 1:00</p> <p>1 X 200 IM 3:50</p>
	1650		1950/ 2200		2450	