

		Hard		Harder		Hardest
12:00	300	100 pull 100 kick 100 swim	400	150 pull 100 kick 150 swim	500	150 pull 200 kick 150 swim
35:00	1175	6 x 25 breath 3/5/7/9/ 2 x none on 1:00 5 x 50 Free on 1:30 4 x 75 25 stroke + 50 free on 2:00 3 x 75 50 stroke + 25 free 2:00 2 x 75 stroke on 2:00 1 x 100 IM	1400	6 x 25: underwater or no breath on 1:00 5 x 50: 25 stroke + 25 free (IM order) on 1:30 4 x 75: Free on 2:00 3 x 100: IM on 2:00 2 x 125: Free on 2:00 1 x 150: 25 fly/25back/25 breast/75 free	1400	6 x 25: underwater on 1:00 5 x 50: IM order on 1:30 4 x 75: Free on 2:00 3 x 100: IM on 2:00 2 x 125: Free on 2:00 1 x 150: IM (no free)
10:00	175	175 Free	400	400 Free	400	400 IM
3:00	100	100 easy	100	100 easy	100	100 easy
	1750		2300		2400	