

## Gold

Warm up: Until 7:15

Swim: 4 x 

4 x 25	Kick	:35
4 x 50	Swim	:55

Rest: 1:30

Swim: 4 x 225 Last 75 IM (Fly-Bk-Brst) 3:30

Rest: 2:00

Swim: 7 x 100 Odds-Build 1:40  
Evens-Fast

Rest: 1:30

Swim: 3 x 400 200 Free/100 Stroke/100 Kick 6:20

Warm Down: 100 EZ

## Blue

Warm up: Until 7:15

Swim: 4 x 

4 x 25	Kick	:35
4 x 50	Swim	1:00

Rest: 1:30

Swim: 4 x 225 Last 75 IM (Fly-Bk-Brst) 3:50

Rest: 2:00

Swim: 5 x 100 Odds-Build 1:45  
Evens-Fast

Rest: 1:30

Swim: 3 x 400 200 Free/100 Stroke/100 Kick 7:00

Warm Down: 100 EZ

## White

Warm up: Until 7:15

Swim: 3 x 

4 x 25	Kick	:40
4 x 50	Swim	1:10

Rest: 1:30

Swim: 4 x 175 Last 75 IM (Fly-Bk-Brst) 3:45

Rest: 2:00

Swim: 5 x 100 Odds-Build 2:00  
Evens-Fast

Rest: 1:30

Swim: 3 x 300 100 Free/100 Stroke/100 Kick 6:30

Warm Down: 100 EZ

## Red

Warm up: Until 7:15

Swim: 3 x 

4 x 25	Kick	:45
4 x 50	Swim	1:15

Rest: 1:30

Swim: 4 x 125 Last 25 No Free 3:05

Rest: 2:00

Swim: 4 x 100 Odds-Build 2:20  
Evens-Fast

Rest: 1:30

Swim: 3 x 200 100 Free/100 Kick Rest :45 between  
Each 200

Warm Down: 100 EZ