

Gold

Start at 5:45

Swim	4x 100 descend	1:30
	6x 50 Ez/Hard by 25	:50
	8x 25 No Free	:30
	100 EZ	1:30

Rest 1:30

Swim	5x 100 IM	1:30
	4x 50 free descend	:48

rest :45

Kick	4x 75 IM order	1:25
	5x 100 free Sp/Ez by 100	1:30

rest :45

Swim	4x 200	3:10
	Middle 100 hard and choice	

Rest 1:30

25x 25		
5 free		:25
5 fly or ba		:30
5 free		:23
5 choice		:30
5 free		:21

Blue

Start at 5:45

Swim	4x 100 descend	1:35
	6x 50 Ez/Hard by 25	:54
	8x 25 No Free	:35
	100 EZ	1:35

Rest 1:30

Swim	5x 100 IM	1:40
	4x 50 free descend	:53

rest :45

Kick	4x 75 IM order	1:35
	4x 100 free Sp/Ez by 100	1:40

rest :45

Swim	3x 200	3:25
	Middle 100 hard and choice	

Rest 1:30

25x 25		
5 free		:30
5 fly or ba		:35
5 free		:26
5 choice		:35
5 free		:24

White

Start at 5:45

Swim	4x 100 descend	2:00
	6x 50 Ez/Hard by 25	1:05
	8x 25 No Free	:37

Rest 1:30

Swim	4x 100 IM	2:15
	3x 50 free descend	1:00

rest :45

Kick	4x 75 IM order	1:55
	4x 100 free Sp/Ez by 100	2:00

rest :45

Swim	3x 200	3:50
	Middle 100 hard and choice	

Rest 1:30

20x 25		
5 free		:33
5 fly or ba		:38
5 free		:29
5 choice		:38

Red

Start at 5:45

Swim	4x 100 descend	2:10
	6x 50 Ez/Hard by 25	1:15
	8x 25 No Free	:39

Rest 1:30

Swim	3x 100 IM	2:35
	3x 50 free descend	1:10

rest :45

Kick	4x 75 IM order	2:15
	3x 100 free Sp/Ez by 100	2:20

rest :45

Swim	2x 200	4:20
	Middle 100 hard and choice	

Rest 1:30

20x 25

5 free	:35
---------------	------------

5 fly or ba	:40
--------------------	------------

5 free	:31
---------------	------------

5 choice	:40
-----------------	------------