

Gold

Practice begins at 5:45

Swim 5x200 100swim/50 kick/50 pull 3:15

Rest 1:30

2x	3x 100 Free	1:20
	1x 50 EZ	1:10
	3x 50 Stroke	:47
	100 Ez	1:45
	6x 25 ch	:30

rest 1:00 after set

5x 150 Descend by 50 odds free	2:15
even ch	2:30

Rest 1:30

Pull 4x 75	1:10
Kick 4x 50	1:00

Rest 1:30

Swim 12x 25 ch :28

Blue

Practice begins at 5:45

Swim 5x200 100swim/50 kick/50 pull 3:35

Rest 1:30

2x	3x 100 Free	1:30
	1x 50 EZ	1:20
	3x 50 Stroke	:52
	100 Ez	1:55
	6x 25 ch	:32

rest 1:00 after set

3x 150 Descend by 50 odds free	2:25
even ch	2:40

Rest 1:30

Pull 4x 75	1:20
Kick 4x 50	1:10

Rest 1:30

Swim 12x 25 ch :30

White

Practice begins at 5:45

Swim 5x200 100swim/50 kick/50 pull 4:10

Rest 1:30

2x	3x 100 Free	1:50
	1x 50 EZ	1:30
	2x 50 Stroke	:56
	100 Ez	2:05
	6x 25 ch	:35

rest 1:00 after set

3x 150 Descend by 50 odds free	2:40
even ch	2:55

Rest 1:30

Pull 4x 75	1:30
Kick 3x 50	1:20

Rest 1:30

Swim 8x 25 ch :33

Red

Practice begins at 5:45

Swim 5x200 100swim/50 kick/50 pull 4:30

Rest 1:30

2x	3x 100 Free	2:10
	1x 50 EZ	1:35
	2x 50 Stroke	1:00
	100 Ez	2:15
	6x 25 ch	:37

rest 1:00 after set

3x 150 Descend by 50 odds free	2:50
even ch	3:00

Rest 1:30

Pull 4x 75	1:35
Kick 3x 50	1:25

Rest 1:30

Swim 8x 25 ch :35