

Gold

Warm up: Until 7:15am

Swim: 2 x 300 Descend 100's 4:30
 200 Pull 3:00
 100 Kick 1:55

Rest: 1:30

Swim: 4 x (4 x 75) One Round Each Stroke
 Fly 1:15
 Back 1:20
 Brst 1:20
 Free 1:05

Rest: 1:30

Swim: 5 x 200 100 AFAYC/100EZ 3:00

Rest: 1:30

Kick/Swim: 6 x 125 50 Kick/75 BC 5 2:05

Warm Down

White

Warm up:	Until 7:15am		
Swim:	2 x 300	Descend 100's	5:45
		200 Pull	4:00
		100 Kick	2:20
Rest:	1:30		
Swim:	4 x (4 x 50)	One Round Each Stroke	
		Fly	1:15
		Back	1:20
		Brst	1:20
		Free	1:05
Rest:	1:30		
Swim:	5 x 150	75 AFAYC/75EZ	2:55
Rest:	1:30		
Kick/Swim:	4 x 125	50 Kick/75 BC 5	2:30

Warm Down

Red

Warm up: Until 7:15am

Swim:	2 x 250	Build up	5:45
		150 Pull	4:00
		100 Kick	2:45

Rest: 1:30

Swim:	4 x (4 x 50)	One Round Each Stroke	
		Each 50 is 25 Stroke/25 Free	
		Fly	1:35
		Back	1:40
		Brst	1:35
		Free	1:10

Rest: 1:30

Swim:	4 x 150	75 AFAYC/75EZ	3:25
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Rest: 1:30

Kick/Swim:	4 x 125	50 Kick/75 BC 5	3:20
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Warm Down