

Gold

Warm up: Until 5:45

Swim: 4 x 150 50K/50D/50S 2:20
5 x 100 D/S 1:45

Rest: 1:30

Swim: 50 x 50

#1-5	Free	:50
#6-10	Back Dolphin Kick	1:05
#11-15	Breast	1:00
#16-20	25 No breath/25 EZ	1:05
Rest:	:30	
#21-25	Back	:55
#26-30	Kick-No free	1:05
#31-35	Fly	:50
#36-40	Pull-Breathe every 7	:55
Rest:	:30	
#41-45	Free	:45
#46-50	Free	:40

400 Pull Warm-Down

Blue

Warm up: Until 5:45

Swim: 4 x 150 50K/50D/50S 2:40
5 x 100 D/S 1:55

Rest: 1:30

Swim: 45 x 50

#1-5	Free	:55
#6-10	Back Dolphin Kick	1:10
#11-15	Breast	1:00
#16-20	25 No breath/25 EZ	1:10
Rest:	:30	
#21-25	Back	1:00
#26-30	Kick-No free	1:05
#31-35	Fly	:55
#36-40	Pull-Breathe every 7	1:00
Rest:	:30	
#41-45	Free	:45

300 Pull Warm Down

White

Warm up: Until 5:45

Swim: 4 x 150 50K/50D/50S 3:05
4 x 100 Choice, D/S 2:15

Rest: 1:30

Swim: 35 x 50

#1-5	Free	1:05
#6-10	Kick	1:15
#11-15	Breast	1:10
#16-20	25 Two breaths/25 EZ	1:05
Rest:	1:00	
#21-25	Back	1:10
#26-30	Kick-No free	1:15
#31-35	Free	:55

200 Pull Warm Down

Red

Warm up: Until 5:45

Swim: 4 x 150 50K/50D/50S Rest :30
2 x 100 Choice, D/S Rest :20

Rest: 1:30

Swim: 30 x 50

#1-5	Free	1:20
#6-10	Kick	1:35
#11-15	Free	1:15
Rest:	1:00	
#16-20	Free	1:10
#21-25	Back	1:25
#26-30	Free	1:10

200 Pull Warm Down