

Gold

Warm up: Until 7:15

Swim:	12 x 75	Free/Stroke/Free	1:15
	8 x 50	Build	:55
	4 x 100	Descend	1:25

Rest: 1:30

Swim:	6 x 225	Last 50 Stroke	3:15
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Rest: 1:30

Swim:	8 x 100	Odds-Breathe 1-2-3-4	1:20
		Evens-Breathe every 3	

Kick:	1 x 300	Fast between the flags	
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Warm Down: 100 EZ

Blue

Warm up: Until 7:15

Swim:	10 x 75	Free/Stroke/Free	1:25
	8 x 50	Build	1:00
	4 x 100	Descend	1:40

Rest: 1:30

Swim:	6 x 225	Last 50 Stroke	3:35
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Rest: 1:30

Swim:	8 x 100	Odds-Breathe 1-2-3-4	1:35
		Evns-Breathe every 3	

Kick:	1 x 200	Fast between the flags	
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Warm Down: 100 EZ

White

Warm up: Until 7:15

Swim:	8 x 75	Free/Stroke/Free	1:35
	6 x 50	Build	1:10
	4 x 100	Descend	1:55

Rest: 1:30

Swim:	6 x 175	Last 50 No Free	3:40
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Rest: 1:30

Swim:	6 x 100	Odds-Breathe 3-4-5-6 Evens-Breathe every 3	2:05
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Kick:	1 x 200	Fast between the flags	
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Warm Down: 100 EZ

Red

Warm up: Until 7:15

Swim:	8 x 75	Free/Stroke/Free	1:50
	6 x 50	Build	1:15
	4 x 100	Descend	2:20

Rest: 1:30

Swim:	6 x 125	Last 50 No Free	3:10
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Rest: 1:30

Swim:	6 x 100	Odds-Breathe 4-5-6-7	2:25
		Evens-Breathe every 3	

Kick:	1 x 200	Fast between the flags	
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Warm Down: 100 EZ