

## Gold

Warm up:            Until 5:45

Swim:            8 x 125 25 Kick/75 Drill/25 Swim            2:00

Rest:            1:30

|       |     |         |                      |      |      |
|-------|-----|---------|----------------------|------|------|
| Swim: | 3 x | 1 x 25  | Fly                  | :30  |      |
|       |     | 2 x 50  | Build                | :55  |      |
|       |     | 3 x 75  | 25 Under/50 Moderate |      | 1:20 |
|       |     | 4 x 100 | Descend              | 1:20 |      |

Rest:            2:00

|       |         |       |      |
|-------|---------|-------|------|
| Swim: | 1 x 400 | Pull  | 4:00 |
|       | 1 x 300 | Kick  | 5:00 |
|       | 1 x 200 | IM    | 3:00 |
|       | 1 x 100 | AFAYC | 1:30 |

Warm Down

## Blue

Warm up:           Until 5:45

Swim:           8 x 125 25 Kick/75 Drill/25 Swim           2:10

Rest:           1:30

|       |     |         |                      |      |
|-------|-----|---------|----------------------|------|
| Swim: | 3 x | 1 x 25  | Fly                  | :30  |
|       |     | 2 x 50  | Build                | 1:00 |
|       |     | 3 x 75  | 25 Under/50 Moderate | 1:30 |
|       |     | 4 x 100 | Descend              | 1:35 |

Rest:           2:00

|       |         |       |      |
|-------|---------|-------|------|
| Swim: | 1 x 400 | Pull  | 4:40 |
|       | 1 x 300 | Kick  | 5:30 |
|       | 1 x 100 | IM    | 1:45 |
|       | 1 x 100 | AFAYC | 1:35 |

Warm Down

# White

Warm up:            Until 5:45

Swim:            6 x 125   25 Kick/75 Drill/25 Swim            2:35

Rest:            1:30

|       |     |         |                            |      |
|-------|-----|---------|----------------------------|------|
| Swim: | 2 x | 1 x 25  | Fly                        | :35  |
|       |     | 2 x 50  | Build                      | 1:05 |
|       |     | 3 x 75  | 25 two breaths/50 Moderate | 1:40 |
|       |     | 4 x 100 | Descend                    | 2:00 |

Rest:            2:00

|       |         |       |          |
|-------|---------|-------|----------|
| Swim: | 1 x 300 | Pull  | 6:10     |
|       | 1 x 200 | Kick  | Rest :30 |
|       | 1 x 100 | AFAYC |          |

Warm Down

# Red

Warm up:           Until 5:45

Swim:           6 x 125 25 Kick/75 Drill/25 Swim           3:00

Rest:           1:30

|       |     |         |                          |      |
|-------|-----|---------|--------------------------|------|
| Swim: | 2 x | 1 x 25  | Back                     | :45  |
|       |     | 2 x 50  | Build                    | 1:10 |
|       |     | 3 x 75  | 25 three breaths/50 Mod. | 1:55 |
|       |     | 3 x 100 | Descend                  | 2:20 |

Rest:           2:00

|       |         |       |          |
|-------|---------|-------|----------|
| Swim: | 1 x 250 | Pull  | 6:10     |
|       | 1 x 150 | Kick  | Rest :30 |
|       | 1 x 50  | AFAYC |          |

Warm Down