

					Interval				Total Yards
					Senior	AG1	AG2-H	AG2-M	
Warm-Up	1	x	300	Free	-	-	-	-	300
	3	x	200	Free; Pace	3:10	3:15	3:20	3:30	600
	6	x	50	Kick	1:10	1:15	1:20	1:25	300
	5	x	50	Drill	1:10	1:15	1:20	1:25	250
				#1 Right Arm #2 Left Arm #3 Finger Tip #4 6-3-6 #5 Closed Fist					
Main	3	x	200	Free	3:00	3:10	3:20	3:25	600
	6	x	50	Stroke	1:10	1:15	1:20	1:25	300
	4	x	100	Free	1:30	1:35	1:40	1:45	400
	4	x	100	IM	1:50	2:00	2:05	2:10	400
	8	x	25	Hard Kick; IM Order (#1-2 Fly, etc.)		:10 Rest between			200
	8	x	50	Evens; Stroke Odds; Free	1:05	1:10	1:15	1:20	400
Warm-Down	1	x	250	Long Mix between Free and Stroke					250
								Total	4000