

					Interval				Total Yards
					Senior	AG1	AG2-H	AG2-M	
Warm-Up	1	x	300	Free	-	-	-	-	300
	1	x	400	50 Stroke, 50 Free, Repeat 4 times	-	-	-	-	400
	8	x	50	Beat Kick Drill (Keep Body Position) #1 & #5; 9 Kicks per Stroke #2 & #6; 7 Kicks per Stroke #3 & #7; 5 Kicks per Stroke #4 & #8; 3 Kicks per Stroke	1:05	1:10	1:15	1:20	400
Main	4	x	100	Free	1:30	1:35	1:40	1:45	400
	3	x	100	Stroke (keep same stroke for all)	1:40	1:45	1:50	1:55	300
	4	x	100	Free	1:30	1:35	1:40	1:45	400
	6	x	50	Stroke (same stroke as 100's)	1:00	1:05	1:10	1:15	300
	6	x	50	Free	:50	:55	1:00	1:05	300
	4	x	100	IM 2:00 Rest	1:50	2:00	2:05	2:10	400
	1	x	100	IM FAST For Time 1:00 Rest					100
1	x	100	Free FAST For Time					100	
Warm-Down	1	x	200	Long Mix between Free and Stroke					200
								Total	3600