

					Interval				Total Yards
					Senior	AG1	AG2-H	AG2-M	
Warm-Up	1	x	300	Free	-	-	-	-	300
	1	x	200	Kick	-	-	-	-	200
Main	1	x	500	Free	1:30	1:35	1:40	1:45	500
	2	x	400	#1 Free; 50 Drill, 50 Regular, Repeat 4 Times #2 Free; 75 Long, 25 Fast, Repeat	1:40	1:45	1:50	1:55	800
	3	x	300	#1 100 Stroke, 100 Free, 100 Stroke #2 Free; Pull #3 100 Stroke, 100 Free, 100 Stroke	1:30	1:35	1:40	1:45	900
	4	x	200	100 Free, 50 Stroke, 50 Free	3:15	3:20	3:25	3:30	800
	5	x	100	Free	1:30	1:35	1:40	1:45	500
Warm-Down	0	x	200	Long Mix between Free and Stroke					0
								Total	4000