

					Interval				Total Yards
					Senior	AG1	AG2-H	AG2-M	
Warm-Up	1	x	200	Free	-	-	-	-	200
	4	x	100	Free; Pace	1:35	1:40	1:45	1:50	400
Main	1	x	200	Kick	-	-	-	-	200
	1	x	200	Free	3:00	3:10	3:20	3:30	200
	2	x	100	Free	1:30	1:35	1:40	1:45	200
	4	x	50	Free	:45	:50	:55	1:00	200
	:30 to 1:00 Rest then start next 200								
	1	x	200	Stroke	3:30	3:40	3:50	4:00	200
	2	x	100	Stroke (same stroke as 200)	1:45	1:50	1:55	2:00	200
	4	x	50	Stroke (same stroke as 100's)	1:05	1:10	1:15	1:20	200
	:30 to 1:00 Rest then start next 200								
	1	x	200	Free	3:00	3:10	3:20	3:30	200
	2	x	100	Free	1:30	1:35	1:40	1:45	200
	4	x	50	Free	:45	:50	:55	1:00	200
	:30 to 1:00 Rest then start next 200								
	1	x	200	IM or Stroke	3:30	3:40	3:50	4:00	200
	2	x	100	IM or Stroke (same stroke as 200)	1:45	1:50	1:55	2:00	200
	4	x	50	IM Order by 50 or Stroke (same stroke as 100's)	1:05	1:10	1:15	1:20	200
:30 to 1:00 Rest then start next 200									
1	x	200	Free	3:00	3:10	3:20	3:30	200	
2	x	100	Free	1:30	1:35	1:40	1:45	200	
4	x	50	Free	1:00	1:05	1:10	1:15	200	
Warm-Down	1	x	200	Long Mix between Free and Stroke					200
								Total	4000