

					Interval				Total Yards
					Senior	AG1	AG2-H	AG2-M	
Warm-Up	1	x	1000	Free; Pace for Time	-	-	-	-	1000
	1	x	200	Kick	-	-	-	-	200
Main	5	x	200	Free (Total time should be less than 1000 WU) 2:00 Rest then start next set	3:00	3:10	3:20	3:30	1000
	3	x	100	Stroke	1:45	1:50	1:55	2:00	300
	6	x	50	Stroke (same stroke as 100's) 1:00 to 1:30 Rest then start next set	1:05	1:10	1:15	1:20	300
	2	x	100	Free	1:30	1:35	1:40	1:45	200
	4	x	50	Free 1:00 to 1:30 Rest then start next set	:45	:50	:55	1:00	200
	2	x	100	Different Stroke than previous Stroke set	1:45	1:50	1:55	2:00	200
	4	x	50	Stroke (same stroke as 100's) 1:00 to 1:30 Rest then start next set	1:05	1:10	1:15	1:20	200
	4	x	25	Free		:10 Rest between			100
Warm-Down	1	x	200	Long Mix between Free and Stroke					200
Total									3900