

**Total 1300**

**Warm Up (300)**

200 Free

100 kick w/ board

**Main Set (800)**

4 x 50 Free

4 x 50 Breast

4 x 50 Fly (Free)

4 x 50 Back

**Cool Down (200)**

200 choice

**Total 1200**

**Warm Up (300)**

200 Free

100 kick w/ board

**Main Set (700)**

100 Free

2 x 50 Free

4 x 25 Free

2 x 100 Back (good turns)

2 x 100 Breast (2 hand touch, good form)

**Cool Down (200)**

200 choice

**Total 1100**

**Warm Up (400)**

300 Free

100 kick w/ board

**Main Set (600)**

8 x 25 Free FAST (rest 1m between)

100 choice EASY

2 x 100 kick

4 x 25 Back FAST (rest 1m between)

**Cool Down (100)**

100 choice