* 200 Warm up
* 800 Kick Choice With fins no boards continuous(800)(1000)
* UP TEMPO Workout(1200)(2200)
  + 8x50 IM ORDER Alternating
    - :10 Sec Rest
    - :30 sec rest on completion
  + 4x100 Choice/Free Alternating
    - :10 sec rest
    - :30 sec rest on completion
  + 2x200 Choice
    - :10 Sec rest
  + 2 minute rest
* Pulling/Kicking/Drilling (1800)(4000)
  + 12x50 Choice/Free
    - :10 sec rest
    - :30 sec rest on completion
  + 6x100 IM ORDER
    - :10 Sec Rest
    - :30 sec rest on completion
  + 3x200 Choice
    - :10 sec rest
* 100 cool down