* 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