* 200 Warm Up(200)
* Ladder(1900) (2100)
  + 6x50 Choice Swim **NON FREE** (5-6 Min)
    - Lane 1 & 2 on 1:00
    - Lane 3,4 & 5 on :50
  + 4x100 Choice Drill **NON FREE** (7-8 Min)
    - Lane 1 & 2 on 2:00
    - Lane 3,4 & 5 on 1:45
  + 500 Kick CHOICE **NON FREE, No Kickboard** (5.5-7min)
    - Lane 1 & 2 on 7:00
    - Lane 3,4 & 5 on 5:30
  + 4x100 Free Drill (6-7min)
    - Lane 1 & 2 on 1:45
    - Lane 3,4 & 5 on 1:30
  + 6x50 Free Swim(5-6min)
    - Lane 1 & 2 on 1:00
    - Lane 3,4 & 5 on :50
* 8 X50 Sprint off the Block(400) (2500)(10 min)
  + Choice
    - All lanes on 1:15
* 100 Cool Down(100) (2600)
* Total time 44 minutes