* 200 Warm Up
* 10 x 100 Kicks Choice (1000)(1200)
  + On 2:15Lane 1,2
  + On 2:00 Lane 3
  + On 1:45 Lane 4,5
  + 2 Min Rest after #5
* 10 x 50 Drill(500)(1700)
  + Choice NON FREE only
  + On 1:00 Lane 1,2
  + On 1:00 Lane 3
  + On :50 Lane 4,5
* 2 Min **Float**
* 10 x 100 NON FREE PULL(1000)(2700)
  + On 2:15Lane 1,2
  + On 2:00 Lane 3
  + On 1:45 Lane 4,5
  + 2 Min Rest after #5
* 10 Minute Tread
  + 5 min flutter
  + 5 min mix of Fly, egg beater

Fun Relays

* Free Mix of Boys and Girls
* Wheel Barrels
* Noodles

Senior choice on Game