

200 Free – 3:00

100 Streamline Kick on Back – 3:00

100 Best Stroke – 2:00

100 **2<sup>nd</sup> Best** Stroke – 2:30

4x25's Cheetas Choice 1:00

4x25's Streamline Kick on Back Choice 1:00

4x50's 25 Build – 25 Sprint 1:15

---

6x100's Descend 1:30/1:40/1:45

---

8x50's Kick on Back - Fly 1:15

8x50's Flutter Kick on Back 1:15

---

6x100's Descend 1:20/1:25/1:30

---

8x50's Kick on Back with board - Fly 1:15

8x50's Flutter Kick with board 1:15