

2x thru: or as far as you can go within 1hr

200's

2 x 200 Pull	R:15"	
8 x 25 Free/Back	R:05"	
1 x 200 Free 65%	R:05"	
4 x 50 Free/Back	R:10"	
1 x 200 Free 75%	R:10"	
2 x 100 Free/Back	R:15"	
1 x 200 Free 85%	R:15"	(1600)

400's

1 x 400 Pull	R:15"	
1 x 200 Swim Choice	R:10"	
4 x 50 Free/Back	R:05"	
2 x 100 Swim choice	R:10"	
4 x 50 Back/Free	R:05"	
8 x 50 Free/Back	R:10"	
16 x 25 Ez/Fast	R:05"	(1600)