

MAIN SET:

Total Yardage: 2500 (2100 if you shorten the first segment)

Four times through the following (or just twice through if you need to shorten the set). Use the chart to determine which column of sendoffs you should use. Choice of stroke and equipment (it's OK to do stroke/free by 25), but do the same thing for the entire set.

1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 50 on X sendoff	30	35	40	45	50	55	60
1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 100 on 2X sendoff	60	1:10	1:20	1:30	1:40	1:50	2:00

100 easy recovery

Twice through the following. Use the chart to determine your sendoffs. Choice of stroke and equipment (it's OK to do stroke/free by 25), but do the same thing for the entire set.

1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 50 on X sendoff	30	35	40	45	50	55	60
1 X 25 on X sendoff	30	35	40	45	50	55	60
2 X 100 on 2X sendoff	60	1:10	1:20	1:30	1:40	1:50	2:00

100 easy recovery

Twice through the following. Use the chart to determine your sendoffs. Choice of stroke and equipment, but do the same thing throughout.

1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 50 on X sendoff	30	35	40	45	50	55	60
1 X 25 on X sendoff	30	35	40	45	50	55	60
3 X 100 on 2X sendoff	60	1:10	1:20	1:30	1:40	1:50	2:00

100 easy recovery