

## MAIN SET: 2400

**Choice. Chose a column and work down. After each break, it's OK to change stroke & column.**

2 X 200	2:40	2:50	3:00	3:10	3:20	3:30	3:40	3:50	4:00	4:10	4:20
2 X 200	2:30	2:40	2:50	3:00	3:10	3:20	3:30	3:40	3:50	4:00	4:10
2 X 200	2:40	2:50	3:00	3:10	3:20	3:30	3:40	3:50	4:00	4:10	4:20
200 easy											
2 X 100	1:20	1:25	1:30	1:35	1:40	1:45	1:50	1:55	2:00	2:05	2:10
2 X 100	1:10	1:15	1:20	1:25	1:30	1:35	1:40	1:45	1:50	1:55	2:00
2 X 100	1:20	1:25	1:30	1:35	1:40	1:45	1:50	1:55	2:00	2:05	2:10
100 easy											
2 X 50	:40	:45	:45	:50	:50	:55	:55	1:00	1:00	1:05	1:05
2 X 50	:35	:40	:40	:45	:45	:50	:50	:55	:55	1:00	1:00
2 X 50	:40	:45	:45	:50	:50	:55	:55	1:00	1:00	1:05	1:05