

Advanced

300 free
200 choice
100 kick

{ scull
6x100 easy
by 25 medium
{ hard

{ 500 hard
50 sprint
2x 50 easy
50 sprint
{ 500 hard

Intermediate

200 free
100 choice
50 kick on your back

6x50 25 scull, 25 build

{ 500 hard
50 sprint
2x 50 easy
50 sprint
{ 500 hard

{ 500 hard
50 sprint
1x 50 easy
50 sprint
{ 500 hard