

A

Warm-up

- 500 Free
- 200 Kick
- 100 Pull

Main Set

- 1000
- 900
- 800
- 700
- 600
- 500
- 400
- 300
- 200
- 100

Cool Down

- 200 easy

Total: 6500

B

Warm-up

- 300 Free
- 200 Kick
- 100 Pull

Main Set

- 800
- 700
- 600
- 500
- 400
- 300
- 200
- 100

Cool Down

- 200 easy

Total: 4400

C

Warm-up

- 300 Free
- 200 Kick
- 100 Pull

Main Set

- 600
- 500
- 400
- 300
- 200
- 100

Cool Down

- 200 easy

Total: 2900