

Tadpole (20 Min swim)	Minnow (20 Min swim)	Sharks (20 Min swim)
50 yd. Freestyle warm-up	100 Freestyle warm-up	250 Freestyle warm-up
30 sec. rest	30 sec. rest	30 sec. rest
2 x 25 yd. free w/15 sec. rest between each	2 x 75 yd. free w/20 sec. rest between each	3 x 75 yd. free w/20 sec. rest between each
100 yd. kick with kick board	200 kick with kick board	200 kick with kick board
1 min. rest	1 min. rest	1 min. rest
4 x 50 yd. free pull w/pull buoy (if no pull buoy swim freestyle)	2 x 100 yd. free pull w/pull buoy (if no pull buoy swim freestyle)	4 x 100 yd. free pull w/pull buoy (if no pull buoy swim freestyle)
15-30 sec rest after each 50 yds.	30 sec rest between each	20 sec rest between each
	50 easy swim (warm down) or 100 yards water walking/water running	100 easy swim (warm down) or 100 yards water walking/water running
	700 yard swim	1175 yard swim

Tadpole (25 Min swim)	Minnow (25 Min swim)	Sharks (25 Min swim)
100 yd. Freestyle warm-up	100 Freestyle warm-up	250 Freestyle warm-up
30 sec. rest	30 sec. rest	30 sec. rest
4 x 25 yd. free w/15 sec. rest between each	2 x 125 yd. free w/20 sec. rest between each	2 x 125 yd. free w/20 sec. rest between each
100 yd. kick with kick board	200 yd. kick with kick board	200 yd. kick with kick board
1 min. rest	1 min. rest	1 min. rest
5 x 50 yd. free pull w/pull buoy (if no pull buoy swim freestyle)	3x 100 yd. free pull w/pull buoy (if no pull buoy swim freestyle)	3 x 100 yd. free pull w/pull buoy (if no pull buoy swim freestyle)
15-30 sec rest after each 50 yds.	30 sec rest between each	20 sec rest between each
	50 easy swim (warm down) or 100 yards water walking/water running	100 easy swim (warm down) or 100 yards water walking/water running
	900 yard swim	1050 yard swim

Tadpole (35 Min swim)	Minnow (35 Min swim)	Sharks (35 Min swim)
100 yd. Freestyle warm-up	100 Freestyle warm-up	200 Freestyle warm-up
30 sec. rest	30 sec. rest	30 sec. rest
25 yd. free	25 yd. free	50 yd. free
20 sec rest	20 sec rest	20 sec rest
50 yd. free	50 yd. free	100 yd. free
20 sec rest	20 sec rest	20 sec rest
75 yd. free	75 yd. free	150 yd. free
20 sec rest	20 sec rest	20 sec rest
100 yd. free	100 yd. free	200 yd. free
20 sec rest	20 sec rest	20 sec rest
75 yd. free	75 yd. free	150 yd. free
20 sec rest	20 sec rest	20 sec rest
50 yd. free	50 yd. free	100 yd. free
20 sec rest	20 sec rest	20 sec rest
25 yd. free	25 yd. free	50 yd. free
	20 sec rest	20 sec rest
	150 easy swim (warm down) or 100 yards water walking/water running	200 easy swim (warm down) or 100 yards water walking/water running
	650 yd swim	1200 yd swim