**Session 1**

**800 free**

**50 fly**

**200 back**

**100 breast**

***10 min break?***

**Session 2**

**400 MR Mixed**

**200 fly**

**100 free**

**50 back**

***10 min break?***

**Session 3**

**400 FR Men’s/Women’s**

**400 IM**

**100 fly**

**200 free**

***10 min break?***

**Session 4**

**400 MR Men’s/Women’s**

**50 free**

**200 breast**

**100 back**

***10 min break?***

**Session 5**

**400 FR Mixed**

**50 breast**

**200 IM**

**400 free**