								BASE		TIME		DIST		Min Running Time
Stretch														0 - 10
Warm Up		300 Free / 300 Stroke										600		15 - 25
Kick		With Snorkels & Fins						1:40		15		750		28 - 43
			1 x 100 Flutter Kick - Hands at side											
		5 x												
			1 x 50 Fly Kick - hands at side					1:00						
Pre		5 x 200 IM's	Descending Base by 5 sec each 200							15		1000		45 - 60
			1 x 200 3:10											1 hr
			1 x 200 3:05											
			1 x 200 3:00											
			1 x 200 2:55											
			1 x 200 2:50											
Main		1 x 300 Backstroke with Paddles						5:00		10		600		65 - 100
		3 x 100's Free						1:20						1 hr 40 min
					Extra 1:00									
		1 x 300 Backstroke with Paddles						5:00		12		800		
		5 x 100's Free						1:15						
		1 x 300 Backstroke with Paddles						5:00		15		1000		
		7 x 100's Free						1:10						
Spint		10 x 50	Sprint down / easy back					1:30		15		500		100 - 120
				5 Free / 5 Back										2 hour
Post		10 x 75's Stroke						1:30		15		750		122 - 137
			5 Pull Outs after each 75											2 hr 17 min
			Hold Pace											
Warm Down												200		
												5750		