

Test Set, 6 x 100s, best efforts @ :05 rest
Take exactly FIVE SECONDS REST between 100s

All Freestyle.

date: _____

Name: Starting Time: tally Ending Time:

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____

_____ Starting Time: _____ tally 1, 2, 3, 4, 5, 6 Ending Time: _____