

WEEK ONE (SEE CHART FOR BASE TIMES)

1 x 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 4200

WEEK TWO (SEE CHART FOR BASE TIMES)

2 x 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 4400

WEEK THREE (SEE CHART FOR BASE TIMES)

3 x 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 4600

WEEK FOUR(SEE CHART FOR BASE TIMES)

4 x 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 4800

WEEK FIVE (SEE CHART FOR BASE TIMES)

1 x 300 on base  
4 X 200  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 5100

WEEK SIX (SEE CHART FOR BASE TIMES)

2 x 300 on base  
4 X 200  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 5400

WEEK SEVEN (SEE CHART FOR BASE TIMES)

3 x 300 on base  
4 X 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 5700

WEEK EIGHT (SEE CHART FOR BASE TIMES)

1 X 400 on base  
3 x 300 on base  
4 X 200 on base  
5 x 100 on base  
5 x 100 on base -:10  
4 x 200 on base -:10  
3 x 300 on base -:10  
2 x 400 on base -:10  
5 x 100 on base -:10

TOTAL = 6100

WEEK NINE (SEE CHART FOR BASE TIMES)

2 X 400 on base  
 3 x 300 on base  
 4 X 200 on base  
 5 x 100 on base  
 5 x 100 on base -:10  
 4 x 200 on base -:10  
 3 x 300 on base -:10  
 2 x 400 on base -:10  
 5 x 100 on base -:10  
 TOTAL = 6500

WEEK TEN (SEE CHART FOR BASE TIMES)

1 X 500 on base  
 2 X 400 on base  
 3 x 300 on base  
 4 X 200 on base  
 5 x 100 on base  
 5 x 100 on base -:10  
 4 x 200 on base -:10  
 3 x 300 on base -:10  
 2 x 400 on base -:10  
 5 x 100 on base -:10  
 TOTAL = 7000

REPEAT 100 INTERVAL

BASE TIMES FOR:

1:20	500	6:40
	400	5:20
	300	4:00
	200	2:40
1:30	500	7:30
	400	6:00
	300	4:30
	200	3:00
1:40	500	8:20
	400	6:40
	300	5:00
	200	3:20
1:50	500	9:10
	400	7:20
	300	5:30
	200	3:40
2:00	500	10:00
	400	8:00
	300	6:00
	200	4:00