

Brute Squad Planner

300 Fly + 100 Back + 100 Brst + 1750 Free

12 x 25 Fly on :20 = 4:00

on :25 = 5:00

on :30 = 6:00

on :35 = 7:00

Fly time _____

100 Back on 1:30

on 1:45

on 2:00

on 2:15

Back time _____

100 Brst on 1:45

on 2:00

on 2:15

on 2:30

Brst time _____

1750 Free on 1:15 = 21:52

on 1:25 = 24:47

on 1:35 = 27:42

on 1:45 = 30:37

on 1:55 = 33:32

on 2:05 = 36:27

on 2:15 = 39:22

Free time _____

Projected Total Time _____