

Level 4: 10' and 6' Progression Charts with Stroke Rates

~~~ 10' Progressions ~~~

Progression (# Strokes/10')	Minutes	@	Stroke Rate
168	2'2'/2'/2'/2'	@	16/18/16/18/16
172	2'2'/2'/2'/2'	@	18/16/18/16/18
176	2'2'/2'/2'/2'	@	16/18/20/18/16
178	2'2'/2'/2'/2'	@	17/19/17/19/17
180	4'3'/2'/1'	@	16/18/20/22
182	2'2'/2'/2'/2'	@	19/17/19/17/19
184	3'3'/3'/1'	@	16/18/20/22
186	2'2'/2'/2'/2'	@	17/19/21/19/17
188	2'2'/2'/2'/2'	@	18/20/18/20/18
190	4'3'/2'/1'	@	17/19/21/23
192	2'2'/2'/2'/2'	@	20/18/20/18/20
194	3'3'/3'/1'	@	17/19/21/23
196	2'2'/2'/2'/2'	@	18/20/22/20/18
198	2'2'/2'/2'/2'	@	19/21/19/21/19
200^	1'2'/3'/4'	@	16/18/20/22
200	4'3'/2'/1'	@	18/20/22/24
202	2'2'/2'/2'/2'	@	21/19/21/19/21
204	3'3'/3'/1'	@	18/20/22/24
206	2'2'/2'/2'/2'	@	19/21/23/21/19
208	2'2'/2'/2'/2'	@	20/22/20/22/20
210^	1'2'/3'/4'	@	17/19/21/23
210	4'3'/2'/1'	@	19/21/23/25
212	2'2'/2'/2'/2'	@	22/20/22/20/22
214	3'3'/3'/1'	@	19/21/23/25
216	2'2'/2'/2'/2'	@	20/22/24/22/20
218	2'2'/2'/2'/2'	@	21/23/21/23/21
220^	1'2'/3'/4'	@	18/20/22/24
220	4'3'/2'/1'	@	20/22/24/26

~~~ 6' Progressions ~~~

Progression (# Strokes/6')	Minutes	@	Stroke Rate
100	2'2'/2'	@	16/18/16
104	3'2'/1'	@	16/18/20
106	2'2'/2'	@	17/19/17
110	3'2'/1'	@	17/19/21
112^	1'2'/3'	@	16/18/20
112	2'2'/2'	@	18/20/18
116	3'2'/1'	@	18/20/22
118^	1'2'/3'	@	17/19/21
118	2'2'/2'	@	19/21/19
122	3'2'/1'	@	19/21/23
124^	1'2'/3'	@	18/20/22
124	2'2'/2'	@	20/22/20
128	3'2'/1'	@	20/22/24
130^	1'2'/3'	@	19/21/23
130	2'2'/2'	@	21/23/21
134	3'2'/1'	@	21/23/25
136^	1'2'/3'	@	20/22/24
136	2'2'/2'	@	22/24/22
140	3'2'/1'	@	22/24/26