20101213

Group 2

Warm Up:

200 Fr/100 Ba/100 Fr/100 kick

300 every 3rd length Kick

(800)

Main:

10x 50 Free @ :50

9x 100 Fr or Ba Kick @ 1:45 w/ fins descend by 3

4x 100 Free @ 1:45

 #1) Build by 50

 #2) Pull

 #3) 3rd 25 NF

 #4) Pull

9x 100 dolphin kick @ 1:45 w/ fins

(2700/3500)

Warmdown

20101213

Group 3

Warm Up:

200 Fr/100 Ba/100 Fr/100 kick

300 every 3rd length Kick

(800)

Main:

10x 50 Free @ 1:00

6x 100 Fr or Ba Kick @ 2:00 w/ fins descend by 3

4x 100 Free @ 2:00

 #1) Build by 50

 #2) Pull

 #3) 3rd 25 NF

 #4) Pull

6x 100 dolphin kick @ 2:00 w/ fins

(2100/2900)

Warmdown