20101224

Group 2

Warm Up:

200 Choice

150 back

150 Breast

(500)

Main:

9x 200 Free to Back transition:

 200 Fr

 175 Fr/25 Ba

 150 Fr/50 Ba

 Etc. until 200 Ba

8x 175 Breast to Free transition

 175 Br

 150 Br/25 Fr

 Continue until 175 Free

(3200/3700)

Warmdown

20101224

Group 3

Warm Up:

200 Choice

150 back

150 Breast

(500)

Main:

8x 175 Free to Back transition:

 175 Fr

 150 Fr/25 Ba

 125 Fr/50 Ba

 Etc. until 175 Ba

7x 150 Breast to Free transition

 150 Br

 125 Br/25 Fr

 Continue until 150 Free

(2450/2950)

Warmdown