20110812

Group 2

(Pre-Race)

Warm Up:

200 Swim

200 Pull

200 Kick

200 NF choice – mix it up

(800)

Main:

500 Pull w/ paddles

3x 100 @ 1:45, descend 1-3

4x 50 Free @ 1:00 build into walls, fast flip

5x 100 Pull no paddles

4x 75 Free @ 1:30; ASCEND (time) by 25

6x 50 @ 1:15, Stroke, NO Free

200 Pull MDPS

(2300/3100)

Warm Down

20110812

Group 3

(Pre-Race)

Warm Up:

200 Swim

200 Pull

100 Kick

100 NF choice – mix it up

(800)

Main:

400 Pull w/ paddles

3x 100 @ 2:00, descend 1-3

4x 50 Free @ 1:20 build into walls, fast flip

3x 100 Pull no paddles

4x 75 Free @ 2:00; ASCEND (time) by 25

6x 50 @ 1:45, Stroke, NO Free

200 Pull MDPS

(1900/2700)

Warm Down