20110817

Group 2

Warm Up:

300 Choice mix it up

200 RIMO Drill

100 Kick

100 Scull

200 Pull

(900)

Main:  
8x 25 Fly w/ fins @ :40

8x 25 u/w dolphin w/ fins @ :45

8x 25 Fly, no gear @ :40

2x 300 Free @ 4:45, build by 100

8x 25 Back w/ fins @ :40

8x 25 Back kick w/ fins – 4-6 u/w dolphin @ :45

8x 25 Back, no gear @ :40

2x 300 Free @ 4:45, build by 100

8x 25 breast w/fins (dolphin kick) @ :45

8x 25 breast kick @ :45

8x 25 Breast @ :45

(3000/3900)

20110817

Group 3

Warm Up:

200 Choice mix it up

200 RIMO Drill

100 Kick

100 Scull

200 Pull

(800)

Main:  
6x 25 Fly w/ fins @ :50

8x 25 u/w dolphin w/ fins @ :55

6x 25 Fly, no gear @ :50

2x 200 Free @ 4:00, build by 100

6x 25 Back w/ fins @ :50

8x 25 Back kick w/ fins – 4-6 u/w dolphin @ :55

6x 25 Back, no gear @ :50

2x 200 Free @ 4:00 build by 100

6x 25 breast w/fins (dolphin kick) @ :50

8x 25 breast kick @ :50

6x 25 Breast @ :50

(2100/2900)