20110824

Group 2

Warm Up:

400 Choice mix it up

200 Kick Choice

200 Pull

(800)

Main:
8x 75 @ 1:30 as 25 Scull/25 Fists/25 Swim

 (Can be any stroke)

6x 200 @ 3:15; build 150 free by 50 + 50 NF pace

3x 300 @ 4:15; Pull free w/ gear

6x 50 @ 1:30 SPRINT Choice

(3000/3800)

Warm Down

20110824

Group 3

Warm Up:

300 Choice mix it up

200 Kick Choice

200 Pull

(700)

Main:
6x 75 @ 2:00 as 25 Scull/25 Fists/25 Swim

 (Can be any stroke)

4x 200 @ 3:45; build 150 free by 50 + 50 NF pace

3x 250 @ 4:15; Pull free w/ gear

6x 50 @ 1:30 SPRINT Choice

(2300/3000)

Warm Down