20110912

Group 2

Warm Up:

300 Choice

200 Kick Choice

300 Pull

 (800)

Main:

8x 75 Free @ 1:15

10x 125 (50 Free/75 Stroke) @ 2:15

5x 150 Free, build by 50 @ 2:30

300 Pull

(2900/3700)

Warm Down

20110912

Group 2

Warm Up:

200 Choice

200 Kick Choice

200 Pull

 (600)

Main:

6x 75 Free @ 1:30

8x 125 (50 Free/75 Stroke) @ 2:45

5x 150 Free, build by 50 @ 3:00

200 Pull

(2400/3000)

Warm Down