20110916

Group 2

Warm Up:

500 Choice

100 Kick Choice

100 Scull

200 RIMO drill (1-arm)

 (900)

Main:

400 Free Pull @ 6:00

2x 200 Free @ 3:00, descend by 50

4x 100 Free @ 1:40, descend 1-3, #4 easy

300 Free Pull @ 4:30

2x 150 Free @ 2:20, descend 1-3. #4 easy

4x 75 Free @ 1:15

200 Free Pull @ 3:00

2x 100 Free @ 1:40

4x 50 Free @ :55, descend 1-3, #4 easy

(2700)

 (2700/3600)

Warm Down

20110916

Group 3

Warm Up:

300 Choice

100 Kick Choice

100 Scull

100 RIMO drill (1-arm)

 (600)

Main:

300 Free Pull @ 5:30

2x 150 Free @ 3:30, descend 1-3. #4 easy

4x 75 Free @ 1:45

200 Free Pull @ 4:00

2x 100 Free @ 2:15

4x 50 Free @ 1:15, descend 1-3, #4 easy

100 Free Pull @ 2:00

2x 50 Free @ 1:25

4x 25 Free @ :45

(1800/2400)

Warm Down