20110930

Group 2

Warm Up

300 Choice

100 Scull

100 Kick

200 Pull

100 Free

(800)

Main:

10x 50 Kick, no fins @ 1:30

4x Through the following:

 [200 Free Pull @ 3:15

 [4x 25 Free SPRINT @ :45

 [100 Free EZ @ 2:00

 [2x 50 build 50/SPRINT 50 @ 1:00

300 Pull

(2800/3600)

Warm Down

20110930

Group 3

Warm Up

200 Choice

100 Scull

100 Kick

200 Pull

100 Free

(700)

Main:

10x 50 Kick, no fins @ 1:30

4x Through the following:

 [100 Free Pull @ 2:15

 [4x 25 Free SPRINT @ 1:00

 [100 Free EZ @ 2:30

 [2x 50 build 50/SPRINT 50 @ 1:00

300 Pull

(2400/3100)

Warm Down