20111212

Group 2

Warm Up:

400 Choice

4x 75 Kick/drill/swim by 25

(700)

Main:  
3x 200 @ **3:10** Pull  
2x 100 @ 2:00 Kick w/fins  
2x 200 @ **3:05** Swim

2x 100 @ 2:00 Kick Breast  
2x 200 @ **3:00** Pull  
2x 100 @ 2:00 Kick w/ fins  
3x 100 @ **1:40** Swim Desc 1-3

2x 100 @ 2:00 Kick Breast  
2x 100 @ **1:30** Swim  
2x 100 @ 2:00 Kick w/ fins  
(2900/3600)

20111212

Group 3

Warm Up:

400 Choice

4x 75 Kick/drill/swim by 25

(700)

Main:  
2x 200 @ **3:45** Pull  
2x 100 @ 2:00 Kick w/fins  
2x 200 @ **3:45** Swim

1x 100 @ 2:00 Kick Breast  
2x 200 @ **3:40** Pull  
2x 100 @ 2:00 Kick w/ fins  
2x 100 @ **2:15** Swim Desc 1-2

1x 100 @ 2:00 Kick Breast  
2x 100 @ **2:00** Swim  
2x 100 @ 2:00 Kick w/ fins  
(2400/3100)