20111219

Group 2

Warm Up:

400 Choice mix it up

100 Kick Scull

300 Pull Free

100 Kick Scull

100 Pull Back

(1000)

Main:

**SIX** times:  
 [1 x 50 @ 1:00 All FIST Drill  
 [2 x 25 @ :30 Build to SPRINT

**300** Pull Free

**4x 300** @ 5:00 as follow:

1. 100Free/100IM/100Free
2. 100Free/100Back/100Free
3. 100Free/100Breast/100Free
4. 100Free/100IM/100Free

**300** Pull Free

(2400/3400)

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Group 3

Warm Up:

300 Choice mix it up

100 Kick Scull

200 Pull Free

100 Kick Scull

100 Pull Back

(800)

Main:

**FOUR** times:  
 [1 x 50 @ 1:20 All FIST Drill  
 [2 x 25 @ :30 Build to SPRINT

**200** Pull Free

**4x 300** @ 6:00/6:30 as follow:

1. 100Free/100IM/100Free
2. 100Free/100Back/100Free
3. 100Free/100Breast/100Free
4. 100Free/100IM/100Free

**200** Pull Free

(2000/2800)