20120608

Group 2

Warm Up:

300 Choice, easy

200 kick 50/drill 50

4x 50 Variable

100 Easy Free

(800)

Main:
400 Pull

5x 200 Free @ 3:10, build by 50

400 Pull

6x 100 Free @ 1:40, descend by 3

200 Pull, no paddles MDPS

(2600/3400)

20120608

Group 3

Warm Up:

300 Choice, easy

200 kick 50/drill 50

4x 50 Variable

100 Easy

(800)

Main:
300 Pull

4x 200 Free @ R: 20, build by 50

200 Pull

6x 100 Free @ R: 15 descend by 3

100 Pull, no paddles MDPS

(2000/2800)