20121026

Group 2

Warm Up:

300 Swim Choice

4x 50 alternate kick/drill, then drill swim

4x 50 @ 1:00 build ea. One

100 Pull, MDPS no paddles

(800)

Main:

500 Free Pull

5x 100 Free @ 1:40, build each 100

400 Free Pull @ 6:00

4x 100 Free @ 1:40, Alternate EZ/Hard by 100

300 Free Pull, no paddles, @ 4:30

3x 100 Free @ 1:40, descend 1-3

200 Back Pull @ 3:30

2x 100 @ 1:45, 3rd 5 Back

(2800/3600)

Warm Down

20121026

Group 3

Warm Up:

200 Swim Choice

4x 50 alternate kick/drill, then drill swim

2x 50 @ 1:00 build ea. One

100 Pull, MDPS no paddles

(600)

Main:

400 Free Pull

4x 100 Free @ R: 20, build each 100

300 Free Pull @ R: 30

3x 100 Free @ R: 15, descend 1-3

200 Free Pull, no paddles, @ R: 30

3x 100 Free @ R: 15, descend 1-3

200 Back Pull @ R: 30

2x 100 @ R: 15, 3rd 5 Back

(2300/2900)