20121031

Group 2

Warm Up:

200 Swim Choice

200 Pull Choice, no paddles

200 RIMO Drill

4x 50 Variable

(800)

Main:

300 Pull – breathe every 3,5,7 strokes by 50
4X 50 @ R: 15 No Free
300 Kick w/ fins
4x 50 Free @ :50, build each one to fast

300 Pull – breathe every 3,5,7 strokes by 50
4 X 50 Kick w/ fins 25EZ/25Faxt @ R: 10 rest

300 Kick w/ fins

4X 50 @ R: 15 No Free
300 Pull – breathe every 3,5,7 strokes by 50
4x 50 Free @ :50, build each one to fast

100 EZ Warm Down

 (2600/3400)

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Group 3

Warm Up:

200 Swim Choice

100 Pull Choice, no paddles

200 RIMO Drill

2x 50 - #2 Fast

(600)

Main:

200 Pull – breathe every 3,5,7 strokes by 50
4X 50 @ R: 15 No Free
300 Kick w/ fins
4x 50 Free @ R: 15, build each one to fast

200 Pull – breathe every 3,5,7 strokes by 50
4 X 50 Kick w/ fins 25EZ/25Faxt @ R: 10 rest

300 Kick w/ fins

4X 50 @ R: 15 No Free
200 Pull – breathe every 3,5,7 strokes by 50
2x 50 Free @ R: 15, build each one to fast

100 EZ Warm Down

 (2200/2800)