20121105

Group 2

Warm Up:

300 Swim Choice, mix it up

200 Pull MDPS, no paddles

100 Kick Choice, no fins

(600)

Main:

8x 50 Free @ :50, descend by 4

8x 50 Flutter Kick w/ fins @ 1:00

200 Pull R: 30

8x 50 No Free @ 1:00

8x 50 Dolphin Kick w/ fins @ 1:00

300 Pull R: 30

10x 50 u/dolphin # +2 off walls @ 1:00

200 Choice Warm Down

(2800/3400)

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Group 3

Warm Up:

200 Swim Choice, mix it up

200 Pull MDPS, no paddles

100 Kick Choice, no fins

(500)

Main:

6x 50 Free @ R: 10, descend by 4

8x 50 Flutter Kick w/ fins @ 1:00

100 Pull R: 30

6x 50 No Free @ R: 15

8x 50 Dolphin Kick w/ fins @ 1:00

200 Pull R: 30

10x 50 u/dolphin # +2 off walls @ 1:00

100 Choice Warm Down

(2300/3400)