20121119

Group 2

Warm Up:

300 Choice

200 Swim, no free (change every 25)

200 RIMO 1-arm drill

100 as 5 easy strokes/4 fast strokes

(800)

Main:

12x 50 Free @ :50, descend in sets of 4

8x 50 dolphin w/ fins @ :60, 8 u/w kicks ea wall

6x 100 Free @ 1:30 w/ fins, odds fast

8x 50 dolphin w/ fins, :60, 8 u/w kicks ea wall

4x 200 Free Pull @ 3:00

(2800/3600)

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Group 3

Warm Up:

200 Choice

150 Swim, no free (change every 25)

200 RIMO 1-arm drill

50 as 5 easy strokes/4 fast strokes

(600)

Main:

9x 50 Free @ R: 10, descend in sets of 3

8x 50 dolphin w/ fins @ :60, 8 u/w kicks ea wall

6x 75 Free @ 1:30 w/ fins, odds fast

8x 50 dolphin w/ fins, :60, 8 u/w kicks ea wall

4x 150 Free Pull @ R: 15

(2300/2900)