20121123

Group 2

WARM UP:
300 Choice

200 Pull

100 Kick, no fins

100 Back

(700)

MAIN SET
Swim 400 Choice

Pull 400

8x 50 @ :55

- Odd: drill/swim,

- Even: swim

6x 100 on desc interval 1:50, 1:45, etc.

200 free: 50 catch up/50 almost c.u.

200 Kick w/ fins

10x 50 @ :50, #1-4 pull; #5-10 swim

8x 25 @ :30, build ea to fast

(2900/3600)

Warm Down

20121123

Group 3

WARM UP:
200 Choice

200 Pull

100 Kick, no fins

50 Back

(550)

MAIN SET
Swim 300 Choice

Pull 300

8x 50 @ R: 20

- Odd: drill/swim,

- Even: swim

6x 75 on descending rest: R:30, 25, 20, 15, 10

150 free: 25 catch up/25 almost c.u.

200 Kick w/ fins

10x 50 @ R: 15, #1-4 pull; #5-10 swim

8x 25 @ R: 15, build ea to fast

(2500/3050)

Warm Down