20121214

Group 2

**Warm Up**:

400 choice
8x 50 @ 1:00

1-4) 25 drill + 25 build
5-8) descend to 200 pace

(800)

**Main**:
200 smooth free w/paddles @ R: 30
150 back, 6 u/w dolphin off each wall R: 30
50 fast stroke Rest 1:00

**Repeat above**

100 EZ
6x 125 kick w/fins @ 2:00
 3rd 25 = fast dolphin kick
 5th 25 = fast flutter kick
100 EZ
8x 25 swim, no breath @ :40

300 Pull Free

4x 50 Free @ 200 pace @ 1:00
200 Pull EZ MDPS

(2650/3450)

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Group 3

**Warm Up**:

200 choice
8x 50 @ 1:00

1-4) 25 drill + 25 build
5-8) descend to 200 pace

(600)

**Main**:
150 smooth free w/paddles @ R: 30
100 back, 6 u/w dolphin off each wall R: 30
50 fast stroke Rest 1:00

**Repeat above**

100 EZ
6x 125 kick w/fins @ 2:00
 3rd 25 = fast dolphin kick
 5th 25 = fast flutter kick
100 EZ
8x 25 swim, no breath @ :50

150 Pull Free

4x 50 Free @ 200 pace @ 1:15
200 Pull EZ MDPS

(2300/2900)