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)