20101215

Group 2

Warm Up:

300 Fr/150 Ba/50 Br/100 kick

200 Drill RIMO

(800)

Main:

6x 100 Fr @ 1:40, descend by 3

600 Fr Swim @ 9:00

6x 100 Fr @ 1:40, descend by 3

600 Fr Pull @ 9:00

8x 50 Choice @ 1:00

(2800/3600)

Warmdown

20101213

Group 3

Warm Up:

300 Fr/150 Ba/50 Br/100 kick

200 Drill RIMO

(800)

Main:

6x 100 Fr @ 1:55, descend by 3

500 Fr Swim @ 10:00

5x 100 Fr @ 1:55, descend by 3

400 Fr Pull @ 8:00

8x 50 Choice @ 1:10

(2400/3200)

Warmdown