20101229

Group 2

Warm Up:

400 as 200 Choice/200 NF

4x 75 kick/drill/swim by 25 Choice

4x 50 Descend 1-3, #4 easy

(900)

Main:

8x 75 Fr @ 1:10

8x 50 Kick Free/no fins @ 1:15

3x 300 Pull breathe 3/5/7 by 25

8x 50 Kick Free/no fins @ 1:15

6x 50

 Odds Fr @ :50

 Evens NF @ 1:10

(2600/3500)

Warmdown

20101229

Group 3

Warm Up:

400 as 200 Choice/200 NF

4x 75 kick/drill/swim by 25 Choice

4x 50 Descend 1-3, #4 easy

(900)

Main:

8x 50 Fr @ 1:10

8x 50 Kick Free/no fins @ 1:15

3x 250 Pull breathe 3/5/7 by 25

8x 50 Kick Free/no fins @ 1:15

6x 50

 Odds Fr @ 1:00

 Evens NF @ 1:15

(2250/3150)

Warmdown