20110718

Group 2

Warm Up:

300 Choice

300 Pull

100 Kick

200 Drill RIMO

(900)

Main:

4x 100 Kick w/ fins @ 2:00 - Dolphin on back

500 Pull Free

5x 100 every 3rd length back @ 1:45

5x 100 every 3rd length kick @ 2:00

5X 100 @ 1:40 as below:

1: Free

2: 75 Free/25 Back

3: 50 Free/50 Back

4: 25 Free/75 Back

5: 100 Back

500 Free Pull

(2900/3800)

Warm Down

20110718

Group 3

Warm Up:

200 Choice

200 Pull

100 Kick

200 Drill RIMO

(700)

Main:

4x 100 Kick w/ fins @ 2:15 - Dolphin on back

400 Pull Free

4x 100 every 3rd length back @ 2:10

4x 100 every 3rd length kick @ 2:30

5X 100 @ 2:00 as below:

1: Free

2: 75 Free/25 Back

3: 50 Free/50 Back

4: 25 Free/75 Back

5: 100 Back

400 Free Pull

(2500/3200)

Warm Down