20110810

Group 2

Countdown to NSSS #4

Warm Up:

500 Choice – mix it up

200 Pull

200 Kick

(900)

Main:

12x 50 Free @ :50, pace

300 Pull – faster than 50s pace @ 5:00

10x 50 Free – faster than 50s pace @ :50

300 Pull @ 5:00

8x 50 @ :50

300 Pull @ 5:00

4x 75 @ 1:20; middle 25 Back

4x 75 @ 1:15 free, build by 25

(3000/3900)

Warm Down

20110810

Group 3

Countdown to NSSS #4

Warm Up:

300 Choice – mix it up

200 Pull

200 Kick

(700)

Main:

10x 50 Free @ 1:00, pace

200 Pull – faster than 50s pace @ 5:30

8x 50 Free – faster than 50s pace @ 1:00

200 Pull @ 5:30

6x 50 @ 1:00

200 Pull @ 5:30

4x 75 @ 1:45; middle 25 Back

4x 75 @ 1:30 free, build by 25

(2400/3100)

Warm Down