20110819

Group 2

Warm Up:

300 Choice mix it up

200 Pull

200 Kick

200 Free, no gear

(900)

Main:  
9x 100 Free @ 1:40; Desc by 3

8x 200 #1 @ 3:10 – add :05 rest each time.

[#1 is all free, #2 is 175 free/25 breast, #3 is [150 free/50 Breast, etc. until 200 breast

300 Pull Free MDPS

(2800/3700)

Warm Down

20110819

Group 3

Warm Up:

200 Choice mix it up

200 Pull

100 Kick

100 Free, no gear

(600)

Main:  
6x 100 Free @ 2:10; Desc by 3

8x 200 #1 @ 3:45 – add :05 rest each time.

[#1 is all free, #2 is 175 free/25 breast, #3 is [150 free/50 Breast, etc. until 200 breast

200 Pull Free MDPS

(2400/3000)

Warm Down