20110829

Group 2

Warm Up:

200 Free

Swim Continuously 25 back/25 free/50 back/50 free to 100 each

100 Kick Choice

100 Build within each 25

(900)

Main:

Swim ladder 25 to 200, 200 to 25 R: 15

6x 100 Free @ 2:15, every 3rd length kick

4x 200 Pull @ 3:00

(2800/3700)

Warm Down

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Group 3

Warm Up:

200 Free

Swim Continuously 25 back/25 free/50 back/50 free to 100 each

100 Kick Choice

100 Build within each 25

(900)

Main:

Swim ladder 25 to 175, 175 to 25 R: 15

6x 100 Free @ 2:15, every 3rd length kick

3x 200 Pull @ 4:00

(2200/3100)

Warm Down