20110907

Group 2

Warm Up:

300 Choice mix it up

200 Pull

100 Kick

200 Free

(800)

Main:

8x 50 @ 1:00 Variable

**Go TWO times around:**  
1x 200 Pull @ 3:00 Free - Moderate pace  
2x 100 @ 2:00 Stroke – Moderate

6x 50 @ 1:00 Free FAST w/ FINS   
8x 25 @ 1:00 Stroke - Fast

* repeat

400 Pull

(2600/3400)

Warm Down

20110907

Group 2

Warm Up:

200 Choice mix it up

200 Pull

100 Kick

200 Free

(700)

Main:

4x 50 @ 1:15 Variable

**Go TWO times around:**  
1x 200 Pull @ 4:00 Free - Moderate pace  
2x 100 @ 2:30 Stroke – Moderate

6x 50 @ 1:15 Free FAST w/ FINS   
8x 25 @ 1:15 Stroke - Fast

* repeat

200 Pull

(2400/3100)

Warm Down