20110914

Group 2

Warm Up:

300 Choice

200 Kick Choice

100 Scull

200 RIMO drill (1-arm)

(800)

Main:

400 Free Pull @ 6:00

4x 100 Free @ 1:40; descend 1-3, #4 EZ

5x 200 Free @ 3:00; build by 50

6x 100 (2 x through the following) @ 1:45

1. 25 Fast/75 EZ
2. 50 Fast/50 EZ
3. 75 Fast/25 EZ

6x 50 @ 1:00; descend 1-3, 4-6

(2700/3500)

Warm Down

20110914

Group 3

Warm Up:

200 Choice

150 Kick Choice

100 Scull

200 RIMO drill (1-arm)

(650)

Main:

200 Free Pull @ 6:00

4x 100 Free @ 2:00; descend 1-3, #4 EZ

4x 200 Free @ 4:00; build by 50

6x 100 (2 x through the following) @ 2:15

1. 25 Fast/75 EZ
2. 50 Fast/50 EZ
3. 75 Fast/25 EZ

6x 50 @ 1:15; descend 1-3, 4-6

(2300/2950)

Warm Down