20111007

Group 2

Warm Up

400 Choice

100 Scull

200 Pull no paddles

100 Kick

100 Free

(900)

Main:

8x 150 @ 2:30 middle 50 S1

300 Pull

10x 50 Free Fast @ 1:00

300 Pulll

5x 100 Free @ 1:45, desc 1-3, #4 moderate; #5 EZ

(2800/3700)

Warm Down

20111007

Group 3

Warm Up

300 Choice

100 Scull

200 Pull no paddles

100 Kick

100 Free

(800)

Main:

6x 150 @ 3:00 middle 50 S1

200 Pull

8x 50 Free Fast @ 1:15

200 Pulll

5x 100 Free @ 2:15, desc 1-3, #4 moderate; #5 EZ

(2200/3000)

Warm Down