20111019

Group 2

WARM UP:  
400 Choice

100 Back  
200 Pull

100 Back

(800)  
  
MAIN SET  
3x through (no fins)

[4x 25 flutter kick SPRINT

[100 flutter kick easy

12x 50 Free @ :50 w/ fins

3x 100 (no fins) @ 1:40 Desc 1-3

300 Pull Pace @ 4:30  
3x 100 Free @ 1:35 Hold Pace  
6 x 50 w/ fins @ :50   
300 Pull Pace

(2700/3500)

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Group 3

WARM UP:  
300 Choice

100 Back  
200 Pull

100 Back

(700)  
  
MAIN SET  
3x through (no fins)

[4x 25 flutter kick SPRINT

[100 flutter kick easy

10x 50 Free @ 1:00 w/ fins

3x 100 (no fins) @ 2:15 Desc 1-3

200 Pull Pace @ 4:00  
6 x 50 w/ fins @ 1:00   
200 Pull Pace

(2200/2900)