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)

20111019

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)