20111221

Group 2

Warm Up:

300 Swim

300 Pull

100 Kick Choice

100 Scull

100 Kick Choice

(900)

Main:

16x 25 @ :40

1-4) Fist Drill   
 5-8) R-arm drill

9-12) L-arm drill   
12-16) Swim Free

4x 100 @ 1:40 25 Catchup drill + 75 Swim  
2x 200 @ 3:15 PULL - moderately fast  
2x 100 @ 1:40 75 swim + 25 Catchup drill  
2x 200 @ 3:30 FAST  
  
10x 50 @ 1:00 KICK w/ Fins - 25 fast/ 25 easy  
4x 50 on 1:00 25 Back / 25 free cool down  
(2500/3400)

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Group 3

Warm Up:

300 Swim

200 Pull

100 Kick Choice

100 Scull

100 Kick Choice

(800)

Main:

16x 25 @ :50

1-4) Fist Drill   
 5-8) R-arm drill

9-12) L-arm drill   
12-16) Swim Free

4x 75 @ 1:40 25 Catchup drill + 50 Swim  
2x 175 @ 3:15 PULL - moderately fast  
2x 100 @ 2:15 75 swim + 25 Catchup drill  
2x 150 @ 3:30 FAST  
  
8x 50 @ 1:00 KICK w/ Fins - 25 fast/ 25 easy  
4x 50 on 1:00 25 Back / 25 free cool down  
(2150/2950)