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)

20111221

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)