20120111

Group 2

Warm Up:

200 free swim,

300 IM kick/drill/drill

200 Pull

100 single arm scull by 25s

100 regular scull

(900)

Main:

16x 25 @ :40

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

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

10x 100 @ 1:40 w/ fins  
-- odds kick (25 ea. Fly/flutter/fly/flutter)

-- evens free moderate, w/paddles and fins10x 100 @ 1:40, pull w/buoy & paddles  
-- odds breathe 3-5-7 by 25  
-- evens build by 25

8x 25 swim choice NO gear and NO breathing

(2600/3500)

20120111

Group 3

Warm Up:

200 free swim,

200 IM kick/drill

200 Pull

100 regular scull

(700)

Main:

16x 25 @ :40

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

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

8x 100 @ 2:10 w/ fins  
-- odds kick (25 ea. Fly/flutter/fly/flutter)

-- evens free moderate, w/paddles and fins

6x 100 @ 2:00, pull w/buoy & paddles  
-- odds breathe 3-5-7 by 25  
-- evens build by 25

8x 25 swim choice NO gear and NO breathing

(2600/3500)