20120319

Group 2

Warm Up

300 Choice,mix it up

200 Pull, no paddles

100 Kick, no fins

200 Choice, mix it up

(800)

Main:

12X 75 No fins, R :20

Odds) 25 kick-scull/25 scull/25 swim Free

Evens) 25 Back/25 Breast/25 Free

3x 100 Free @ 1:35, descend 1-3 (~10s rest)

300 Pull Free

3x 100 Free @ 1:40, descend 1-3

300 Pull Free

6x 50 No Free, Descend same stroke by 3; R:15

(2400/3200)

20120319

Group 3

Warm Up

200 Choice,mix it up

100 Pull, no paddles

100 Kick, no fins

200 Choice, mix it up

(600)

Main:

12X 75 No fins, R :20

Odds) 25 kick-scull/25 scull/25 swim Free

Evens) 25 Back/25 Breast/25 Free

3x 100 Free @ 2:00, descend 1-3 (~10s rest)

200 Pull Free

3x 100 Free @ 2:10, descend 1-3

200 Pull Free

6x 50 No Free, Descend same stroke by 3; R:15

(2200/2800)