20120514

Group 2

Warm Up:

300 Every 3rd Lap Backstroke

200 Pull, MDPS Catch Up

4x 75 – 25 kick/25 drill/25 swim R: 15

(800)

Main:

200 No Free

9x 50 Free @ :55, build by 3

200 No Free

9x 50 Free @ :55, build by 3

500 Pull

8x 100 @ 1:45, rolling 25 back

1. 25 back/75 free
2. 25 free/25 back/50 free
3. 50 free/25 back/25 free
4. 75 free/25 back

Repeat

(2600/3400)

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Group 3

Warm Up:

300 Every 3rd Lap Backstroke

200 Pull, MDPS Catch Up

2x 75 – 25 kick/25 drill/25 swim R: 15

(650)

Main:

200 No Free

6x 50 Free @ R:15, build by 3

200 No Free

6x 50 Free @ R:15, build by 3

500 Pull

8x 100 @ R:20, rolling 25 back

1. 25 back/75 free
2. 25 free/25 back/50 free
3. 50 free/25 back/25 free
4. 75 free/25 back

Repeat

(2300/2950)