20120523

Group 2

Warm Up:

300 Choice

200 RIMO Drill

200 Pull, no paddles

100 Kick streamline on back, no fins

(800)

Main:

12x 50 kick w/fins no board @ 1:00

Odds = 25 kick + 25 w/8 u/w kick off wall  
 Evens = 25 w/8 u/w kick off wall + 25 kick  
50 EZ  
8x 50 Breakout Free + cruise @ :55  
50 EZ  
3x 100 Free @ 1:40, descend 1-3  
300 Pull perfect technique  
200 easy kick /fins w/board  
50 AFAP kick for time  
200 Pull Free, MDPS  
50 AFAP swim for time  
200 EZ kick w/ fins w/board  
100 EZ  
(2500/3300)

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Group 3

Warm Up:

200 Choice

200 RIMO Drill

200 Pull, no paddles

100 Kick streamline on back, no fins

(700)

Main:

12x 50 kick w/fins no board @ 1:10

Odds = 25 kick + 25 w/8 u/w kick off wall  
 Evens = 25 w/8 u/w kick off wall + 25 kick  
50 EZ  
8x 50 Breakout Free + cruise @ :55  
50 EZ  
3x 100 Free @ 2:15, descend 1-3  
200 Pull perfect technique  
200 easy kick /fins w/board  
50 AFAP kick for time  
100 Pull Free, MDPS  
50 AFAP swim for time  
100 EZ kick w/ fins w/board  
100 EZ  
(2200/2900)