20120627

Group 2

Warm Up:

200 Choice

200 Pull, no paddles

100 Kick, no gear

200 RIMO Drill

4x 25 build to Fast

(800)

Main:

9x 100 Free @ 1:40, descend by 3

6x 50 Kick w/ fins @ 1:00

8x 75 swim w/ fins @ 1:20, descend by 3

4x 200 Free pull w/ paddles @ 3:00

(2600/3400)

20120627

Group 3

Warm Up:

200 Choice

200 Pull, no paddles

100 Kick, no gear

200 RIMO Drill

4x 25 build to Fast

(800)

Main:

8x 75 Free @ 1:40, descend by 3

6x 50 Kick w/ fins @ 1:00

8x 50 swim w/ fins @ 1:20, descend by 3

4x 150 Free pull w/ paddles @ 3:00

(1900/2600)