20120629

Group 2

Warm Up:

300 Choice

300 kick/drill/swim by 25

200 Pull, no paddles

(800)

Main:

10x 50 @ :50, Odds Fast/Evens Easy

400 Pull, no paddles @ 4:30

8x 75 @ 1:15, middle 25 choice, NF

300 Pull w/ paddles @ 3:30

6x 100 @ 1:40, build by 3

200 Pull MDPS breath 3,5,7,5 by 50

(2600/3400)

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Group 3

Warm Up:

200 Choice

300 kick/drill/swim by 25

100 Pull, no paddles

(600)

Main:

10x 50 @ R: 15, Odds Fast/Evens Easy

200 Pull, no paddles @ R: 30

4x 75 @ R: 20, middle 25 choice, NF

200 Pull w/ paddles @ R: 30

6x 100 @ R: 0, build by 3

100 Pull MDPS breath 3,5,7,5 by 50

(2000/2600)