20120711

Group 2

Warm Up:

300 Choice, mix it up

4x 50 Variable, R: 15

100 drill, no free

 (600)

Main:

4x 200 @ 3:15, #=50 NF (#1 =1st 50 NF, etc)

300 Pull no paddles

4x 150 free build by 50 @ 2:15

200 Pull w/ paddles

8x 100 Free @ 1:30, hold decent pace

100 Pull stroke, no paddles

(2800/3400)

20120711

Group 3

Warm Up:

300 Choice, mix it up

4x 50 Variable, R: 15

(500)

Main:

4x 200 @ R: 20, #=50 NF (#1 =1st 50 NF, etc)

200 Pull no paddles

4x 150 free build by 50 @ R: 20

100 Pull w/ paddles

6x 100 Free @ R: 15, hold decent pace

100 Pull stroke, no paddles

(2400/2900)