20120718

Group 1

(Madie and whomever else)

Warm Up:

400 Choice, every 4rd length No Free

4x 50 Variable

200 Kick, no fins

100 Pull, no paddles

(900)

Main:

5x Through

[200 Free @ 2:55

[150 Free @ 2:15, build by 50

[100 Free @ 1:30, negative split

[50 Free, easy recovery @ 1:00

* No extra rest . . . repeat
* 4x 75 IM FAST (no free) @ 1:20

(2800/3700)

20120718

Group 2

Warm Up:

300 Choice, every 3rd length No Free

4x 50 Variable

100 Kick, no fins

100 Pull, no paddles

(700)

Main:

5x Through

[200 Free @ 3:15

[150 Free @ 2:30, build by 50

[100 Free @ 1:40, negative split

[50 Free, easy recovery @ 1:00

* No extra rest . . . repeat
* 4x 50 Rolling IM by 25

(2700/3400)

20120718

Group 3

Warm Up:

300 Choice, every 3rd length No Free

100 Kick, no fins

100 Pull, no paddles

(500)

Main:

4x Through

[200 Free @ R: 30

[150 Free @ R:20, build by 50

[100 Free @ r: 15, negative split

[50 Free, easy recovery @ r: 30

* No extra rest . . . repeat

(2000/2500)