20121015

Group 2

WARM UP:  
300 EZ Free  
200 pull Back, no paddles

100 pull Breast  
(600)  
  
MAIN SET  
2x 300 Pull @ 4:30

10x 50 @ 1:10, Kick w/ fins 25 moderate/25 FAST

3x 200 Pull @ 3:00

10x 50 @ 1:00, Free w/ fins 25 moderate/25 FAST

6x 100 Free @ 1:40, build by 3

(2800/3800)

20121015

Group 3

WARM UP:  
200 EZ Free  
150 pull Back, no paddles

100 pull Breast  
(450)  
  
MAIN SET  
2x 200 Pull @ R: 20

10x 50 @ R: 15, Kick w/ fins 25 moderate/25 FAST

3x 150 Pull @ R: 20

10x 50 @ R: 15, Free w/ fins 25 moderate/25 FAST

4x 100 Free @ R: 20, build by 3, #4 ez

(2250/2700)