Wednesday 11-24-2010

200 Choice
4 x 50 25 Fist / 25 Swim (:10r)
200 Back = K 25 / S 25
4 x 50 Descend to Moderate (:10r on #1) 800/800
-------------
4 x (4 x 25 with ~ :15 - :20)
\*\* Choice but In Each Group of 4 = same stroke
\*\* In each group of 4: (1arm Breast is really interesting )
1 = Left Arm Smooth
2 = Right Arm Smooth
3 = Kick Race
4 = Swim Smooth 400/1200
----------------
3 x 400 with ~ :30
\*\* # 1 & 2 = Cruise (Buoy Optional); # 3 = Best Effort Swim 1200/2400
--------------
1 x 200 Comfy = 25 Not Free / 25 Finger Tip Drag Free 200/2600
--------------
4 x (3 x 50 with ~ :15 - :20) 600/3200
Descend by sets

Whatever you have left on the last one!!

-----------

200 Easy Mixed
Total = 3400