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  
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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  
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3 x 400 with ~ :30  
\*\* # 1 & 2 = Cruise (Buoy Optional); # 3 = Best Effort Swim 1200/2400  
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1 x 200 Comfy = 25 Not Free / 25 Finger Tip Drag Free 200/2600  
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4 x (3 x 50 with ~ :15 - :20) 600/3200  
Descend by sets

Whatever you have left on the last one!!

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200 Easy Mixed  
Total = 3400