

Saturday February 21/2015

Warm up

200 free @ 30 seconds rest

2 x 100 choice kick @ 15 seconds rest

200 (50 free/50 choice) @ 30 seconds rest

2 x 100 IM kick @ 15 seconds rest

200 choice

4 x 150 @ 3/3.15

As 50 free/50 IMO drill/50 free

2 x (12 x 50)

As 3 free - 1 IMO (no free)

Rd 1 @ 60/65

Rd 2 @ 55/60

6 x 100 pull

As 2 @ 1.50/2

1 @ 1.40/1,50

Just smooth swimming, hold sc

Warm down

300

As 100 kick/100 free/100 choice

Total Distance