

Blue

Warm up: Until 7:15

Swim:	10 x 100 #1-5	Drill/Swim	1:45
	#6-10	Kick/Swim	1:55

Rest: 2:00

Swim:		Rnd1/Rnd2/Rnd3	
	3 x	2 x 200	3:20/3:00/3:00
		2 x 100	1:30/1:50/1:30
		4 x 50	:50/:50/1:00

Round 1: 200's are IM the rest is Free

Round 2: 100's are IM the rest is Free

Round 3: 50's are IM the rest is Free

Rest :30 between rounds...

Rest: 2:00

Swim:	9 x 50	#1-3	Fast	1:00
		#4-6	Moderate	
		#7-9	EZ	

Warm Down

White

Warm up: Until 7:15

Swim:	8 x 100	#1-4	Drill/Swim	2:05
		#5-8	Kick/Swim	2:15

Rest: 2:00

Swim:			Rnd1/Rnd2/Rnd3	
	3 x	2 x 200	4:15/3:50/3:50	
		2 x 100	1:50/2:10/1:50	
		2 x 50	1:00/1:00/1:05	

Round 1: 200's are IM the rest is Free

Round 2: 100's are IM the rest is Free

Round 3: 50's are IM the rest is Free

Rest :30 between rounds...

Rest: 2:00

Swim:	8 x 50	#1-4	Fast	1:05
		#5-8	EZ	

Warm Down

