

Woodford Co. Swim Team

1/03/05

1. W'up: 300 choice

4 x 50...d/s by 25

300 pull

4 x 50 kick

1000

2. Prep Set:

8 x 50...odds: free

evens: choice :15

400

3. Main Set:

6 x 50 free...:20

100 choice

5 x 50 free...:15

100 choice

4 x 50 free...:10

100 choice

3 x 50 free...:05

100 choice

2 x 50 free...good effort...:10

100 choice

50...HARD

100 choice

1650

4. W'down: 150 ez

Total: 3200