

Woodford Co. Swim Team

10/20/05

- 1. W'up: 200 free**
200 drill (choice of strokes)
200 pull
200 kick
200 swim (choice)
- 1000**
- 2. Pre Set:**
- 12 x 50.....:15**
1-3) 25 d/25s (choice)
4-6) 25k/25s (choice)
7-9) Free...25d/25 count strokes
10-12) Free...25 fast/25 easy
- 600**
- 3. Main Set:**
- 4 x 50....free pace.....:15**
2 x 100...IM...work on turns...:20
4 x 50...free pace....:15
1 x 200..IM..d/s by 25.....:30
4 x 50...free pace....:15
2 x 100...IM...good effort.....:20
4 x 50...free pace....:15
8 x 25...choice..hard!
- 1600**
- W'down: 200 ez**
- Total: 3400**