

# Woodford Co. Swim Team

11/01/05

**1. W'up: 400...75 free/25 stroke**

**300...50k/50d/50s**

**200...kick**

**200...choice**

**1100**

**2. Pull Set: (negative split)**

**2 x 200....:20**

**2 x 100....:15**

**4 x 50...:10**

**4 x 25..all fast...:05**

**900**

**3. Main Set: (kicks are to be hard)**

**Concentrate on good form on the swim**

**3 x 200...(150s/50k)...:20**

**2 x 150...(100s/50k)..:15**

**3 x 100...(50s/50k)...:10**

**6 x 50...kick...hard!...:10**

**8 x 25...swim..fast...:05**

**100 All out**

**1800**

**4. W'down: 200 ez**

**Total: 4000**