

# **Woodford Co. Swim Team**

**11/17/05**

**1. W'up: 500 (75 swim/25 back)**

**300 pull**

**200 kick**

**100 choice**

**1100**

**2. Kick/Pull Set:**

**3 x**

**200 pull...hypoxic 5...:20**

**100 kick.....:15**

**900**

**3. Main Set:**

**6 x 100 free....descend...:15**

**6 x 75 fly/ba/br....:15**

**6 x 50 free....good effort...:10**

**6 x 25..sprint..choice....:10**

**1500**

**4. W'down: 200**

**Total: 3700**