

Woodford Co. Swim Team

11/2/05

1. W'up: 300 Free

4 x 100...(50d/50 s)

4 x 75 (k/d/s by 25)

1000

2. Pull Set:

400 (hypoxic 3/5 by 50)

400

3. Main Set: (sets 1 & 3 IM, set 2&4 Free)

4 X

200....build...:20

2 x 100...pace...:15

4 x 50...good effort...:10

2400

4. Kick Set:

200 moderate (choice)....:20

8 x 25....fast....free.....:10

400

5. W'down: 200 ez

Total: 4400