

Woodford Co. Swim Team
11/21/05

W'up: 400 free – every 4th length Backstroke
200 kick
300 IM – 50drill/25swim
200 stroke – no free **1100**

Pre-set: 16 x 25 IM order (4-fly, 4-bk, etc) 400

Main Set:

**30 minute swim – no stopping!!!! If you stop-
everyone starts over!!!**

Kick: 300 choice **300**

W'down: 200 swim **200**