

# Woodford Co. Swim Team

11/29/05

1. W'up: 500...alt. – 100 fr / 100 choice  
300...k/d/s by 25  
4 x 50 free...build  
1000
  2. Drill/Kick Set:  
  
300...d/s/d by 100...:15  
200 kick (choice)...:10  
500
  3. Main Set:  
2 x 250 free...pace...:20  
6 x 25 choice...fast...:10  
2 x 200 free...pace...:15  
6 x 25 choice...fast...:10  
3 x 100 free...pace...:10  
6 x 25 choice...fast...:10  
1650
  4. Pull/Kick Set:  
  
400 pull...:15  
6 x 25 kick sprints...:10  
550
  5. W'down: 200ez
- Total: 3900**