

Woodford Co. Swim Team
11/8/05

W'up: 300 Swim
300 Kick
300 Pull
200 Swim *1100*

Pull Set: 3x (200 pull , 2 x 50 free swim)
900

Free set: 3 x (2 x 100 free, 2 x 50 stroke)
900

Sprint: 16 x 25 – odd sprint – even ez stroke
400

W'dn: 6 x 50 25fr/25st *300*

3600