

Woodford Co. Swim Team
12/29/05

1. W'up: 200 free
200 drill (choice of strokes)
200 pull
200 kick
200 swim (choice)
1000

2. Pre Set:
12 x 50....1:00
1-4) 25 d/25s (choice)
5-8) 25k/25s (choice)
9-12) Free...25 fast/25 easy
600

3. Main Set:
4 x 50....free pace....:15
2 x 100...IM...work on turns...:20
4 x 50...free pace....:15
2 x 200..IM..d/s by 25.....:30
4 x 50...free pace....:15
2 x 100...IM...good effort.....:20
4 x 50...free pace....:15
8 x 25...choice..hard!
1600

W'down: 200 ez

Total: 3600

