

Woodford Co. Swim Team

12/06/05

*1. W'up: 300 swim
200 kick
300 pull*

800

2. Pre Set:

*3 x 100...(choice) descend....:20
4 x 50...(choice) d/s by 25....:10*

500

3. Main Set:

*3 X
4 x 50 free...pace...:15
100 choice...ez...:20
200 IM ...:30*

1500

4. Sprint Set:

*8 x 25...odds...ez (choice)...:10
evens...fast (free)...:10*

200

W'down: 200 ez

Total: 3200

*"The only limit to our realization of tomorrow
will be our doubts of today."*

Franklin C Roosevelt