

4.22.08

3200

warmup

300 swim

250 kick

250 pull

stretch

200 swim

(=1000)

set 1

3 x 100 swim (: 10 rest b/t each)

4 x 50 in IM order (: 10 rest b/t each)

200 kick IM

(=700)

set 2

100 free

2 x 100 IM

100 back

100 breast

(=800)

set 3

3 x 150 swim

50 kick

(=500)

warmdown

100 kick

100 swim

(=200)

2800

warmup

300 swim

200 kick

200 pull

stretch

200 swim

(=900)

set 1

3 x 100 swim (: 10 rest b/t each)

4 x 50 in IM order (: 10 rest b/t each)

100 kick IM

(=600)

set 2

100 free

2 x 100 IM

50 back

50 breast

(=600)

set 3

3 x 150 swim

50 kick

(=500)

warmdown

100 kick

100 swim

(=200)

4.22.08

2200

warmup

300 swim

200 kick

200 pull

stretch

100 swim

(=800)

set 1

3 x 100 swim (: 10 rest b/t each)

4 x 25 in IM order (: 10 rest b/t each)

(=400)

set 2

50 free

2 x 100 IM

50 back

50 breast

(=500)

set 3

2 x 100 swim

100 kick

(=400)

warmdown

50 kick

50 swim

(=100)

4.21.08

1200

warmup

200 swim

100 kick

100 pull

stretch

100 swim

(=500)

set 1

4 x 50 swim (: 10 rest b/t each)

4 x 25 in IM order (: 10 rest b/t each)

(=300)

set 2

50 thumbs-to-thigh

50 catchup

50 fingertip drag

150 free

(=300)

warmdown

50 kick

50 swim

(=100)