

Saturday 22 March 2008

Warm up:

2 or 3 x

(100 free, 100 back, 100 breast or sidestroke)

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6 x 25 kick, descend, 6-breath rest

6 x 25 free, count strokes, medium power.

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Endurance set

10 x 100 choice, 15 sec

And / or

Power set

10 x 100 choice, 45 sec

1900 - 2200 - 3200 = meters