

Sat, April 7 2007

Warmup:

2 x 500 easy, mix of strokes

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4 x 25 free, count strokes

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Build a 300 (or 400):

50, 100, 150, 200, 250, 300, (350, 400), 15 sec

= 2150 to 2900 m

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Extra:

6 x 25, build sprint, any rest

2 x 50 fly, any rest