

Friday Workout

AG3

400 mix drill & swim mix choice

200 IM drill/swim

12 x 50's drill/build IM order 3 in row/each stroke @ 1:00-1:10 or :10R

8 x 200's IM go hard! @ :30 Rest

100 EZ

Leave 30 min. for sharks/minnows in deep end for AG3.

Seniors should work independently today and complete the following (Senior should also work independently thru the first 30 min of practice so you can monitor AG3....I recommend positioning yourself on the deck between tank and pool and having the Seniors start from the end by the dive tank:

50 crunches

50 pelvic lifts

30 v-ups

30 superman hyperextensions

30 push-ups

30 pull-ups

20 streamline jump burpees

Repeat x 3 and then stretching

Seniors

400 FR drill & swim mix

400 RIM drill/swim by 25

16 x 75's 50 kick no board/25 sprint swim @ 1:30 go IM order 4 in row of each stroke

4 x [20 x 50's] IM by round.....Rest 2:00 between rounds

Fly @ :40-1:00

BA @ :40-:50

BR @ :45-1:00

FR @ :35-:45

200 EZ

Sharks and minnows!

Thanks!