

# RAMS WORKOUTS

**Thursday, April 19, 2001**

## **Studs:**

4 x 200's Swim - Kick - Pull - Swim

12 x 50's drill/swim by 25 RIMO @ 55

4 x (2 x 200's pace @ 2:45, 4 x 100's descending @ 1:30, 4 x 50's sprint @ 50)

1 x 300 pull ez (3,5,5,7 by 25)

100 swim warm down

5,800

## **Boomers:**

4 x 200's Swim - Kick - Pull - Swim

8 x 50's drill/swim by 25 RIMO @ 55

3 x (2 x 200's pace @ 2:45, 4 x 100's descending @ 1:30, 4 x 50's sprint @ 50)

1 x 300 pull ez (3,5,5,7 by 25)

100 swim warm down

4,600

## **Discount/Floaters:**

4 x 200's Swim - Kick - Pull - Swim

6 x 50's drill/swim by 25 RIMO @ 55

2 x (2 x 200's pace @ 2:45, 4 x 100's descending @ 1:30, 4 x 50's sprint @ 50)

1 x 300 pull ez (3,5,5,7 by 25)

100 swim warm down

3,500