

RAMS WORKOUTS

Saturday, April, 21 2001

Studs:

600 swim, 400 IM KSDS by 25

8 x 50's Choice @ 50

4 x 800's

1. 800 swim (-) split by 400
2. 2 x 400's @ 4:50
3. 4 x 200's @ 2:20
4. 8 x 100's @ 1:15

4 x 200's kick with fins @ 2:45

8 x 50's choice @ 40

200 warm down

6,000

Boomers:

600 swim, 400 IM KSDS by 25

6 x 50's Choice @ 1:10

4 x 600's

5. 600 swim (-) split by 300
6. 2 x 300's @ 4:50
7. 3 x 200's @ 3:05
8. 6 x 100's @ 1:45

3 x 200's kick with fins 3:15

6 x 50's choice @ 50

100 warm down

4,700

Discount/Floaters:

600 swim, 400 IM KSDS by 25

4 x 50's Choice @ 1:30

4 x 600's

9. 600 swim (-) split by 300
10. 2 x 300's @ 5:55
11. 3 x 200's @ 3:55
12. 6 x 100's @ 2:45

2 x 200's kick with fins 4:15

4 x 50's choice @ 1:15

100 warm down

4,300