

# RAMS WORKOUTS

**Sunday, April 22 2001**

## **Studs:**

1000 swim

12 x 50's kick no fins

1-6 breast @ 55

7-12 choice @ 55

15 x 200's

1-5 pace @ 2:40

6-10 (150 @ 2:10, 50 sprint @ 50)

11-15 pace @ 2:20

1 x 400 stroke drill/swim ez NO FREE

9 x 100's with zoomers on a rotating interval # 1 @ 1:20, # 2 @ 1:15, # 3 @ 1:10

100 warm down

6,000

## **Boomers:**

1000 swim

8 x 50's kick no fins

1-4 breast @ 1:15

5-8 choice @ 1:05

12 x 200's

1-4 pace @ 3:15

5-8 (150 @ 2:30, 50 sprint @ 1:00)

9-12 pace @ 3:05

1 x 300 stroke drill/swim ez NO FREE

6 x 100's with zoomers on a rotating interval # 1 @ 1:50, # 2 @ 1:45, # 3 @ 1:40

100 warm down

4,800

## **Discount/Floaters:**

800swim

6 x 50's kick no fins

1-4 breast @ 1:25

5-8 choice @ 1:15

10 x 200's

1-4 pace @ 4:10

5-& 6 (150 @ 3:30, 50 sprint @ 1:20)

7-10 pace @ 3:55

1 x 300 stroke drill/swim ez NO FREE

3 x 100's with zoomers on a rotating interval # 1 @ 2:00, # 2 @ 1:55, # 3 @ 1:50

100 warm down

3,800