

RAMS

4/12/03 - 6:30 am

Theme: Distance

STUDS—5000

1000 WU can be 250 ea SKPS

3x200 IM

#1-drill

#2-drill/swim

#3-swim

3x800

#1-swim

#2-8x100

#3-swim

100 EZ

10x100 kick w/fins

700 pull

200 WD

BOOMERS--4000

800 WU can be 200 ea SKPS

3x200 IM

#1-drill

#2-drill/swim

#3-swim

3x400

#1-swim @...

#2-swim 4x100 @ 1:45

#3-swim 4x100 @ 1:40

100 EZ

6x100 kick w/fins

500 pull

200 WD

DISCOUNTS--3000

500 WU can be SKPS

3x100 Stroke

#1-drill

#2-drill/swim

#3-swim

3x300

#1-swim @...

#2-swim 4x100 @ 1:45

#3-swim 4x100@ 1:40

100 EZ

5x100 kick w/fins

500 pull

200 WD