

RAMS

4/13/03 - 6:30 am

Theme: Distance

*STUDS—6000*

800 WU can be 200 ea SKPS

8x100 Stroke @ 1:40

10x200 Fr @ 2:25

50 EZ

4x300 Pull @ 3:45

50 EZ

6x150 kick w fins @ 2:00

2 Fl/2 Fr/2 side

200 WD

*BOOMERS--4000*

800 WU can be 200 ea SKPS

6x100 Stroke

5x200 Fr

100 EZ

2x300 pull

100 EZ

4x150 kick (odds free/evens fly both on side)

200 WD

*DISCOUNTS--3000*

500 WU can be SKPS

4x100 Stroke

4x200 Fr

50 EZ

3x200 pull

50 EZ

4x100 K w fins/2 free, 2 fly all on side

200 WD