

Group 1

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
600	9:20	1	4	x	150	@	2:20	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u; FT)
900	15:05	1	3	x	100	@	1:55	IM: kick, no board
1300	22:25	1	8	x	50	@	:55	IM order by 2's: 25dr, 50sw
1300	23:25	1	1	x	0	@	1:00	rest
2300	39:25	1	4	x	250	@	4:00	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
2300	40:25	1	1	x	0	@	1:00	rest
2800	50:25	1	20	x	25	@	:30	choice stroke: odds ez, evens sprint
3200	58:25	1	8	x	50	@	1:00	choice stroke: odds ez, evens sprint
3300	59:55	1	1	x	100	@	1:30	warm down

Group 2

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
600	10:20	1	4	x	150	@	2:35	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u; FT)
900	16:35	1	3	x	100	@	2:05	IM: kick, no board
1300	24:35	1	8	x	50	@	1:00	IM order by 2's: 25dr, 50sw
1300	25:35	1	1	x	0	@	1:00	rest
2050	38:50	1	3	x	250	@	4:25	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
2050	39:50	1	1	x	0	@	1:00	rest
2550	51:30	1	20	x	25	@	:35	choice stroke: odds ez, evens sprint
2850	58:00	1	6	x	50	@	1:05	choice stroke: odds ez, evens sprint
2950	59:40	1	1	x	100	@	1:40	warm down

Group 3

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
450	8:30	1	3	x	150	@	2:50	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u)
650	13:10	1	2	x	100	@	2:20	IM: kick, no board
1050	21:50	1	8	x	50	@	1:05	IM order by 2's: 25dr, 50sw
1050	22:50	1	1	x	0	@	1:00	rest
1800	37:20	1	3	x	250	@	4:50	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
1800	38:20	1	1	x	0	@	1:00	rest
2300	50:00	1	20	x	25	@	:35	choice stroke: odds ez, evens sprint
2600	57:00	1	6	x	50	@	1:10	choice stroke: odds ez, evens sprint
2700	58:50	1	1	x	100	@	1:50	warm down

Group 4

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
450	9:00	1	3	x	150	@	3:00	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u)
650	14:00	1	2	x	100	@	2:30	IM: kick, no board
950	21:00	1	6	x	50	@	1:10	IM order by 2's, no free: 25dr, 50sw
950	22:00	1	1	x	0	@	1:00	rest
1700	37:30	1	3	x	250	@	5:10	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
1700	38:30	1	1	x	0	@	1:00	rest
2100	49:10	1	16	x	25	@	:40	choice stroke: odds ez, evens sprint
2400	57:10	1	6	x	50	@	1:20	choice stroke: odds ez, evens sprint
2500	59:05	1	1	x	100	@	1:55	warm down

Group 5

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
450	9:45	1	3	x	150	@	3:15	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u)
650	15:05	1	2	x	100	@	2:40	IM: kick, no board
950	22:35	1	6	x	50	@	1:15	IM order by 2's, no free: 25dr, 50sw
950	23:35	1	1	x	0	@	1:00	rest
1450	34:45	1	2	x	250	@	5:35	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
1450	35:45	1	1	x	0	@	1:00	rest
1850	46:25	1	16	x	25	@	:40	choice stroke: odds ez, evens sprint
2150	54:55	1	6	x	50	@	1:25	choice stroke: odds ez, evens sprint
2250	57:00	1	1	x	100	@	2:05	warm down

Group 6

040226b.xls

Total Dist	Total Time	sets	reps		dist		intrvl	Description
450	11:15	1	3	x	150	@	3:45	free: 50 swim; 50 drill; 50 swim (drills: FT; Biondi; c/u)
650	17:25	1	2	x	100	@	3:05	IM: kick, no board
950	26:25	1	6	x	50	@	1:30	IM order by 2's, no free: 25dr, 50sw
950	27:25	1	1	x	0	@	1:00	rest
1450	40:15	1	2	x	250	@	6:25	IM: odds=25fl,50ba,75br,100fr; evens=100fl,75ba,50br,25fr
1450	41:15	1	1	x	0	@	1:00	rest
1750	51:15	1	12	x	25	@	:50	choice stroke: odds ez, evens sprint
1950	57:35	1	4	x	50	@	1:35	choice stroke: odds ez, evens sprint
2050	60:00	1	1	x	100	@	2:25	warm down