

GREENWICH TRITON'S SWIM.

[Thursday 05/April/2007]

THE ONLY PLACE THAT YOU'LI FIND SUCCESS BEFORE WORK IS IN THE DICTIONARY

WARM-UP

4L x 4 sets on 2 min (16L)

MAIN SET

[DUE TO THE NUMBERS OF SWIMMER'S AT THIS SESSION AND TO KEEP THE LANES TOGETHER:]

THE REST IS

FIRST SWIMMER TO WAIT UNTIL THE LAST SWIMMER IS IN > THEN GO!

2L x 4 sets (24)

16L x 1 set (40)

2l x 8 sets on 1 min (56)

(Top lane on 50 sec)

8L x 3 sets (72)

1st set = Head-up on first half of each length

2nd set = steady breathe every 5th arm stroke

3rd set = HARD SWIM

5L x 4 sets (92)

Odd sets = Swim EASY *** Even sets = HARD.

3L x 4 sets (104)

2L x 3 sets (110)

WARM-DOWN

2L x Easy F/C

1L x Easy FLY

1L x WALK

[ONLY TRY THIS WALKING LENGTH IF YOU ARE IN A DOUBLE SHALLOW ENDED POOL!]

[110]

[114 WITH WARMDOWN]

(110 x 25 = 2750)

(114 X 25 = 2850)

AS USUAL; DUE TO NO / MINIMAL WARM-DOWN

PLEASE THOROUGHLY STRETCH OUT YOUR MUSCLES AFTER THIS SESSION.

David Weiler.

tritons.swim@yahoo.com