

GREENWICH TRITONS SWIM.

[Thursday 08 July 2007]

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

WARM-UP

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

16L x 1 set (32)

INCREASE PACE ON EVERY LENGTH

SPEED SET

2L x 10 sets on 1 min (52)

(Top lane 12 sets on 50 sec)

(2nd Lane 11 sets ON 55 SEC)

AS USUAL; DUE TO NO / MINIMAL WARM-DOWN

PLEASE THOROUGHLY STRETCH OUT YOUR MUSCLES AFTER THIS SESSION.

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