

GREENWICH TRITONS SWIM.

[Thursday 10 MAY 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)

10L x **1 set** (26)

INCREASE PACE ON EVERY LENGTH

SPEED SET

2L x **9 sets** on 1 min (44)

(Top lane 10 sets on 50 sec)

(2nd Lane 10 sets ON 55 SEC)

RECOVERY SWIM

ON THE SET BELOW: SWIM @ A STEADY PACE, [80%]

8L EASY SWIM: GOOD TURNS(52)

6L F/C UP + BREAST ARMS ONLY BACK (58)

4L 3L HEAD-UP + 1L STD (62)

2L CLENCHED FIST UP + STD BACK (64)

RACE PACE PLUS

THE SETS BELOW TO BE SWAM AT OR ABOVE RACE PACE

2L(66)

4L (70)

6L (76)

THE REST IS

FIRST SWIMMER TO WAIT UNTIL THE LAST SWIMMER IS IN > & WAIT 20 SEC

5L x 2 SETS (86)

4L x 2 SETS (94)

3L x 2 SETS (100)

[100L]

AS USUAL; DUE TO NO / MINIMAL WARM-DOWN

PLEASE THOROUGHLY STRETCH OUT YOUR MUSCLES AFTER THIS SESSION.

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