

Club Wolverine
Senior Maize/White - 60 Min

6/29/2022 **AM**
LCM

Warm-up

1x300	100 Orange FR + 100 Orange FRIM + 100 Orange IM	
1x200	50 Orange FR + 50 Orange SL Choice K	
6x50	Choice K D1-3	1:05

BK Work

3x through

R1 = RFRP, R2 = LFLP, R3 = Both Fins & Paddles

2x50	25 Scull + 25 Scoop	1:10
4x50	SA L-Drill (hand with paddle = bottom of L)	1:10
1x200	BK D1-3	3:00
	<i>equipment change</i>	1:00

Cool-down

1x200	Orange FR	
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Club Wolverine

6/29/2022

PM

Senior Maize/White - 120 Min

LCM

Warm-up

1x400	50 Orange FR + Dive + 2x Pull-outs + 50 Orange BR	
1x200	Social K	
3x100	White Dolphin, BR, Flutter K	2:10
4x50	Build to Red RIMO	1:00

Pre

2x through

2x150	1 = White FR, 2 = Pink FR	2:15
4x50	Odd = Orange FR, Even = Choice D1-2	1:10
2x25	1 = 15m Green UW Fly K (Dive) + 10m Orange 2 = 10m Orange + 15m Build to Green	:30
1x50	Orange Swim	1:00

Main

4x100	Odd = White FR, Even = Pink FR	1:40
1x75	Red FR	1:20
1x75	Blue FR	1:20
1x50	Green FR	
1x200	50 Orange BK + 50 Orange SL Flutter K	
4x100	Odd = White FR, Even = Pink FR	1:40
1x75	Red Choice	1:20
1x25	Green Choice	
1x200	50 Orange BK + 50 Orange SL Flutter K	
4x50	25 Green Choice Dive + 25 Orange FR	*Out & Back 1:15
1x300	200 Orange FR + 100 Orange FRIM	

Non-Namesnik Finish

2x through

2x50	White Choice K	1:10
3x100	Flutter K D1-3	2:10
1x100	Orange BK Swim	2:00