Wed, Aug 22, 2018 3:45 PM - 5:20 PM (95 mins)

Group: Senior
Distance: 4300 SCY

1 x	1 x 300 Freestyle Swim Fins @ 06:00 1 x 200 Choice Kick Fins @ 05:00 4 x 50 Fins @ 01:30 25 Body Position Kick / 25 Drill 1 x 100 Choice Swim Fins @ 01:30 Build	3:45 PM 800
1 x	3 x 50 Butterfly Swim @ 01:00 3 x 50 Back Swim @ 01:00 3 x 50 Breaststroke Swim @ 01:00 3 x 50 Freestyle Swim @ 01:00 1 x 300 IM Kick @ 08:00 2 x 50 Butterfly Swim @ 00:50 2 x 50 Back Swim @ 00:50 2 x 50 Breaststroke Swim @ 00:50 2 x 50 Breaststroke Swim @ 00:50 2 x 50 Freestyle Swim @ 00:50 1 x 200 IM Kick @ 07:00 1 x 50 Butterfly Swim @ 00:40 1 x 50 Back Swim @ 00:40 1 x 50 Breaststroke Swim @ 00:40 1 x 50 Freestyle Swim @ 00:40 1 x 100 IM Kick @ 06:00	4:05 PM 1900/2700
16 x 100 Butterfly Kick Fins @ 01:45 Odds - 15 M underwater Fly Kick / Rest Easy Free Evens - Kick with Board		4:51 PM 1600/4300