Tue, Oct 2, 2018 6:15 PM - 8:08 PM (113 mins)

Group: Senior
Distance: 5500 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	6:15 PM 800
1 x	30 x 25 Stroke Swim @ 00:40 Parachute and or paddles 30 x 25 Stroke Swim @ 00:30	6:35 PM 1500/2300
3 x	4 x 100 Freestyle Drill @ 01:45 25 BP Kick / 25 Hinge / 25 3-6-3 / 25 Swim 2 x 300 Freestyle Swim @ 04:30 Descend	7:12 PM 3000/5300
1 x 200 Choice @ 05:00		8:02 PM 200/5500