

400 FR-1M-choice-1M by 60

4 x 100 FR 25 NBK
25 2L-2R
25 CATCH UP
25 FINGER DRAG

18 x 200 / 175 / 150

1 @ 2'50" }
1 @ 2'40" } x 6
1 @ 2'30" }

3000 FR - CHOICE - 1M
6x50

ODD FR
EVEN BR-BK-FL } DRILL-SWIM

3x [12x50 }
+ 1' REST

ODD FR @ 55"
EVEN @ 105"
2 FL
4 FL-BK
6 BK
8 BK-BR
10 BR
12 BR-FR

PULL OR SWIM

8x 300' / 275' / 250' / 225' / 200'

ODD BUILD @ 4'30"
EVEN DESC @ 4'15"
2 80-85 %
4 85-90 %
6 90-95 %
8 95-100 %

Beer Donations
All this week

No Practice
This Saturday

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

400 75FR
25REVIMD

300 IM kick-DRILL-swim

200 BEST kick-DRILL-swim
50 100 50

4x [6x 50 @ 1' 25 FAST
30" REST
100 FAST @ 2' 30"

16x 150/125/100 }
@ 2' }
@ 1'55" }
@ 1'50" } x4
@ 1'45" }

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 } 50 FR
25 REV IMO

4 x 100 FR } #1 kick
#2 kick-DRILL
#3 SWIM-KICK
#4 SWIM OR PULL

4 x 10/9/8/7 x 100 } LNS 10x 3 @ 1'30"
3 @ 1'25"
4 @ 1'20"
LN 4 9x 3 @ 1'40"
3 @ 1'35"
3 @ 1'30"
LN 2,3 8x 3 @ 1'50"
3 @ 1'45"
2 @ 1'40"
LN 1 7x ALT 1 @ 1'55"
1 @ 1'50"

+ EXTRA REV.

WARM DOWN 4 x 100 } STRONG
MOD } 15" REST
SMOOTH
FAST

Boats & or Jet Skis

Needed For Donner Lake Swim
Aug 12th

SNM MEMBER SURVEY (on email)

400 } 75 FR
 25 REV IMD

300 IM kick-DRILL - SWIM

200 IM DRILL - SWIM

100 IM SWIM

8 [100 IM @ 1'50"
 3x50 @ 1' RM]

1,5 FL - Bk
 # 2,6 Bk - BR
 # 3,7 BR - FR
 # 4,8 } FL - Bk
 1,8 } Bk - BR
 1 BR - FR

4 x 150 / 125 / 100

MOO. @ 2'15"	DESC
	4 @ 2'
	3 @ 1'50"
	2 @ 1'50"
	1