**Day 2, 11/19/2013**

1.WU @: 15min OO  
(1) 3X 50S-50K-50P (2) 2x 100S-100K-50P  
2.K: each OO  
6 x 50  
3.Group 1 and 2 for drill (3 joins for a few min.)  
**Back**: Talk. 25's Drill, 25's Drill/Swim   
- 8-10 x 25K (4@ 12 kick/side per arm pull, 4@6K/side) 10sR [150 / 1500] 7min  
- Flag to wall Stroke Count 7min  
8 x 50's (25 BA Dr + 25 BA) 15sR [200]  
  
4. Group 2 Main

Group 1:  
8 x 50's (25 BA Dr + 25 BA) 15sR

8 x 25 {alt 25 swim, 25 Kick} 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/39min)

**Day 2, 11/19/2013   
Group 2 - Main**  
 8 x 25 {alt 25 swim, 25 Kick } 5 sec. [200] (4min )  
 50 top scull [50 / 250] 1.5m / (1.5min/5.5)  
 30sec. of pushups [on deck], (1min / 6.5m)  
 50 high wipers scull [ / 700] (1.5m/8m)  
 16 X 50 { alt 50 swim/50 Kick (4 non-free + 10 free); 10-15sR   
 as 1-7 + 50EZ, 9-15 + 50EZ } [800] (21min/~39min) **Group 3**

**WU** 4-1-1 [600] ~16min

**K** 10 X 50 {4 Fr +2 Fly + 4 Chc; @60 or less. no more than 5sR; } ~11min ~f7:55pm [400]  
~6min ~f8:01pm

**Main 1**  
4 X (3 X 75) ~14min ~f8:15pm  
{ 1 str/set of 3 (IM order, e.g. 1st set of 3x75 is Fly)  
1) 25Dr + 50sw build 10sR  
2) 25K + 50sw hard 15sR (Free: 25k +75hard)  
3) 25Dr + 25sw hard 10sR ~3.5min(set of 3)  
} [900]  
- 45sR-

**Main 2**  
12 min swim ~f8:30pm [~800 // 2750]  
200K strt ~4min ~f8:35pm [200 // 2950]  
  
**Main 3**  
2 X 200 Free {alt pull/sw 20sR} ~21min ~f8:56pm []  
2 X 100 Pull/sw  
50 EZ []

Group 1  
beginners

Group 2  
veterans

Group 3  
club endurance

Day 1  
Free. Flipturns  
  
Day 2  
Back. Flipturns.

Day 3  
Fly. Dives  
  
Day 4  
Breast.