

Wk-16	ALL	WEDNESDAY	December 27, 2017	SCY	No- 133
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1500	1500 WARMUP SERIES • 1 x 300 Swim on 4:20 @ CLEAR CLEAR • 2 x 150 KDS (75-50-25) on 2:30 ... Odd: WHITE, Even: PINK W - P • 4 x 75 IM Switch on 1:30 @ RED RED • 6 x 50 KNB on :50 ... SD 1-3, 4-6 BLUE P - R - B • 12 x 25 Variable Sprint on :30 ... R1 UWK, R2 FS, R3 NFS W - G
4000	5 x 800 Kick-Pull-IM-PRIMARY Swim-FS Swim Series • 32 x 25 KNB on :30-:25-:20 (4-4-8 by interval) @ P-R-O (4-4-8) BLUE ... Challenge: Do all 32 UWK w FINS! • 4 x 200 Pull or Paddle Swim on 2:30-2:20-2:10 ... SD 1-3,4 ORANGE P - O • 16 x 50 IMO on :50-:45-:40-1:00 ... R1 Drill-Swim (25) @ PINK P-R-O-B R2 Kick-Swim (25) @ RED, R3 Swim @ ORANGE, R4 Kick @ BLUE • 8 x 100 PRIMARY w FINS on 1:30 ... Odd: KD (50), Even: Swim P - B • 2 x 400 Swim FS-BK (100) on 6:00 @ Ascend: RED-PINK (200) R - P DISTANCE & IM: 2 x 400 IM ... Odd: RED, Even: ORANGE
1000	DISTANCE: 1000 Paddle Swim with FINS Series • 6 x 100 Paddle Swim with FINS on 1:20 @ PINK PINK • 4 x 75 Paddle Swim with FINS on 1:00 @ PINK PINK • 2 x 50 Paddle Swim with FINS on :40 @ PINK PINK

Total :	300	300	2250	1400	1400	700	0	150	1650	1300	1300	6500
	CLR	WHT	PINK	RED	ORG	BLUE	PUR	GRN	KICK	FINS	PULL	
Total :	300	300	1650	1400	1000	700	0	150	1650	800	800	5500
	CLR	WHT	PINK	RED	ORG	BLUE	PUR	GRN	KICK	FINS	PULL	
Total :	300	300	1650	1400	1000	700	0	150	1650	800	800	5500
	CLR	WHT	PINK	RED	ORG	BLUE	PUR	GRN	KICK	FINS	PULL	