

SCARAB SESSION

SESSION 5B

INTERMEDIATE GROUP
INFORMATION

DISTANCE	STROKE	INTERVAL	INFORMATION	
WARM UP				
1 X 400			AS;	400 EASY CHOICE
		15		400
3 X 150		20 sec/ 150	AS;	1L F/C - 1L FLY KICK 1L F/C - 1L BK/S KICK 1L F/C - 1L F/C KICK
		25		REPEAT
				850
4 X 50	MEDLEY	20sec/ 50	AS;	1/2 L FLY - 1/2 L BK/S - 1/2 BR/S - 1/2 L F/C
		32		REPEAT.
				1050
3 X 450	F/C		AS;	2L @ 1.10 4L @ 2.20 6L @ 3.30 4L @ 2.20 2L @ 1.10
		64		2400
4 X 100	PADDLES	20 sec/ 100	AS;	50 CATCH UP - 50 FULL STROKE
		79		2800
2 X 150	FINS	20 sec/ 100	AS;	2L FLY KIC - 2L BK/S KICK - 2L F/C KICK
				REPEAT
				3100
				SWIM DOWN