

Halifax Chronos Masters Swim Club
July 27, 2015

Fit-Tech

200 Swim
8x25 on 40 E3rd25F
200P
4x50 on 60 EO50F
200K Choice
2x100 on 2:20m Desc.
200P E4th25BR
4x50 25Drill25 Swim Choice on 80
200Swim E3rd25Bk
8x25 on 4 E3rd25F
100 swim down

2100m

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MID DISTANCE

250 Swim
10x25 on 35 E3rd25F
250P
5x50 on 65 EO50F
200K Choice
3x100 on 2:15m Desc.
250P E4th25BR
5x50 25Drill25 Swim Choice on 70
250Swim E3rd25Bk
10x25 on 35 E3rd25F

2500m

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ENDURANCE

300 Swim
12x25 on 30 E3rd25F
300P
6x50 on 60 EO50F
300K
3x100 on 2m Desc.
300P E4th25BR
6x50 25Drill25 Swim Choice on 65
300Swim E3rd25Bk
12x25 on 30 E3rd25F

3000m