

| | | Hard | | Harder | | Hardest |
|-------|------------|---|------|---|------|--|
| 14:00 | 300 | Repeat set 2x: 50 kick 50 drill 50 swim | 500 | Repeat set 2x: 100 kick 75 drill 75 swim | 600 | Repeat set 2x: 150 kick 75 drill 75 swim |
| 36:00 | 1200/ 1300 | 4 x 25 or 37.5 on 1:00 3 x 75 on 2:00 2 x 125 on 3:00 1 x 150 on 4:00 2 x 125 on 3:00 3 x 75 on 2:00 4 x 25 or 37.5 on 1:00 | 1800 | 4 x 50 on 1:00 3 x 100 on 2:00 2 x 150 on 3:00 1 x 200 on 4:00 2 x 150 on 3:00 3 x 100 on 2:00 4 x 50 on 1:00 | 1800 | 4 x 50 on 1:00 3 x 100 on 2:00 2 x 150 on 3:00 1 x 200 on 4:00 2 x 150 on 3:00 3 x 100 on 2:00 4 x 50 on 1:00 make this harder by doing part stroke |
| 5:00 | 100 | 4 x 25 underwater on 1:15 | 100 | 4 x 25 underwater on 1:15 | 100 | 4 x 25 underwater on 1:15 |
| 5:00 | 100 | 100 easy | 100 | 100 easy | 100 | 100 easy |
| 60:00 | 1700-1800 | | 2500 | | 2600 | |

Business Items

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| <p>1. You MUST be a registered USMS swimmer to practice with the KC Wave. Please complete your registration by 1/15, so that we can provide updated registration info to the UMKC pool by 1/23. If you do not have a USMS number by 1/23, we will need you to skip practices until you get one.</p> <p>2. We need to discuss “governance” of the team. Dan needs someone to replace him as the team’s “business manager” (paying bills, collecting dues, harping on people about fundraisers, and leading other out-of-the-pool activities). If you’re interested, lets talk. Brad would be fine with other people writing/running all or some practices. If you’re interested, let’s talk. Combine these two, and we might need to discuss a change in the way the team is run.</p> | <p>3. 3.Attend the Friday, January 19, fundraiser at Sidekicks from 9pm – 11pm. If you don’t, the gods may judge you harshly for not being a good team member. The money really helps, and the bar requires that we show up!</p> <p>4. Team membership fees (\$35) need to be paid. Need to figure out who will collect. (See #2)</p> <p>5. IGLA 2007 fees are posted. 60E for meet, 40E for banquet, 10E for dance. (\$145 USD) Registration does not yet seem to be available.</p> <p>6. Do we want to have a team meeting to make all this happen? If so, it probably needs to be Sunday, January 14. Host?</p> |
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