

Severus Snapes Backstroke Potion Workout

		Hard		Harder		Hardest
20:00	500	50 free 50 pull free 50 backstroke kick 50 backstroke swim 100 free pull 100 free 50 backstroke kick easy 50 backstroke swim easy	800	100 free 100 pull free 50 backstroke kick 50 backstroke swim 150 free 150 pull free 100 backstroke kick easy 100 backstroke swim easy	800	100 free 100 pull free 50 backstroke kick 50 backstroke swim 150 IM (no free) 150 IM Pull (no free) 100 backstroke kick easy 100 backstroke swim easy
20:00	500/ 600	4 x 125 Backstroke on 5:00 1st 25: Kick (no board) 2nd 25: Double Arm 3rd 25: 3 Left 3 Right 4th 50: Swim 25 back + 25 free (25 bk +50 free if you finish under 4:00 mins)	800	4 x 200 Back Stroke on 5:00 1st 50: Kick (no board) 2nd 50: Double Arm 3rd 50: 3 Left 3 Right 4th 50: Swim	1000	4 x 250 Back Stroke on 5:00 1st 75: Kick (no board) 2nd 50: Double Arm 3rd 50: 3 Left 3 Right 4th 75: Swim
8:00	300	6 x 50 free on 1:15	300	6 x 50 Sprint on 1:15 1,3,5 back 2,4,6 free	300	6* 50 Backstroke Sprint on 1:15
9:00	150	6x25 breath control on 1:20 1,3,5 free breathe after 7,5,3 2,4,6 free, no breath	150	6* 25 on 1:20 1,3,5 backstroke kick half-way under water 2,4,6 free, no breath	150	6* 25 Kick half-way under water on 1:20
3:00	100	100 Easy	100	100 Easy	100	100 Easy
	1550/ 1650		2150		2350	

Business Items

1. Complete Your USMS Registration BEFORE 1/23 practice
2. We need a new "business manager" to monitor finances, pay some bills, etc.
3. Fundraiser at Sidekicks, Friday, January 19. 9:00-11:00. BE THERE or risk dooming us all to dryland.
4. Paris Registration is supposed to be working as of 1/8.
5. Do we want to have a team meeting???