

Test Set Description: 500 Free Kick for Time

On Monday 5-11-09 I did our normal warm-up of 800 in blue group and 1200 in yellow and then we did a 1500yd kick set that finished with a 500 Free kick for time. We did 20 x 25 on :35 Yellow, :40 blue, going 3 x ez choice, 1 x fast free, than we did 5 x 100 50 ez choice - 50 free build and than went right into a 500 free kick for time. In the coming weeks we are going to build from 500, to a 1000 for time, to finally a 1650 for time.

Blue Group		Best 500 Free	500 Free	Yellow Group		Best 500 Free	500 Free
Name	Age	Swim Time	Kick Time	Name	Age	Swim Time	Kick Time
Faulconer, Savanna	10	6:39.57	8:23	Phan, Melissa	12	5:30.96	7:13
Lentz, Rachel	10	6:55.93	8:30	Whisenhunt, Meredith	12	5:35.20	7:34
Frazier, Jack	11	6:14.40	8:55	McNulty, Amanda	12	5:46.26	7:47
Milici, Mikey	11	6:25.09	8:59	McNulty, Sydney	12	6:17.76	7:50
Sharpe, Graeme	10	7:36.57	9:05	Brooks, MaKayla	10	5:59.07	7:51
McVey, Aimee	11	7:19.99	9:17	Szabo, Emily	12	5:59.12	8:10
DeFoor, Soren	11	7:04.57	9:19	Zygmuntowicz, Eva	12	6:27.31	8:12
Owens, Kaylin	11	7:05.52	9:45	Earle, Sally	13	5:55.53	8:28
White, Hannah	10	6:48.26	9:46	Bonner, Kristen	13	6:23.21	8:28
Oldstrom, Emily	11	6:47.92	9:50	Earle, Kate	12	6:21.57	8:32
D'Onofrio, Niquee	11	6:53.33	9:50	Zwolowski, Marta	12	6:01.74	8:32
Burke, Kyle	11	7:13.11	9:50	Baker, Sydney	9	5:56.23	8:32
Earle, Perry	10	7:41.34	9:53	Kouten, Emily	13	6:10.57	8:35
Harrison, Evans	11	7:01.39	9:55	Adams, Brooke	13	6:19.39	8:35
Ownbey, Noah	9	7:01.71	9:55	Delahunty, Nathan	11	5:46.65	8:38
D'Onofrio, Kayla	11	7:29.45	9:59	Short, Sarah Katherine	12	6:08.65	8:44
Crowley, Rowan	10	6:52.34	10:02	Lawrence, Morgan	13	NT	8:45
Senn, Tyler	11	6:46.80	10:28	Galyer, Ali	10	5:42.72	8:47
Hicks, Fuller	10	7:15.11	10:34	Kelly, Caroline	13	6:10.25	8:56
Hicks, Thomas	9	7:28.59	10:36	Baker, Maddie	9	6:10.64	8:59
Hawley, Lauren	11	NT	10:40	McCoy, Brooks	12	6:02.92	9:30
Willer, Alex	12	7:29.64	10:57	Kelly, John	11	6:06.01	9:39
Szabo, Shannon	10	7:17.09	11:02	Ohning, Aidan	11	5:48.52	9:41
Hicks, Claire	11	NT	11:27	Whitaker, Caroline	13	6:44.99	9:45
Young, Logan	10	7:20.93	12:35	Taber, Haley	12	6:38.37	9:50
				Brittain, Katie	12	5:50.41	9:54