

January 3, 2010

Warm up

15 minute swim (estimated 1000 yards)

10 x 50 KWF @ 1:00 focus on loose ankles

Odd Flutter K

Even Dolphin K

1 x 100 Fr @ 1:35 (ir:15)

1 x 75 Build @ 1:05 (ir:12)

1 x 50 Sprint FR @ :45 (ir:10)

1 x 25 Sprint choice @ :35 (ir:20)

1 x 100 Fr

1 x 75 Build

1 x 50 Sprint FR

3 x 25 Sprint Choice

1 x 100 Fr

1 x 75 Build

1 x 50 Sprint FR

5 x 25 Sprint Choice

1 x 100 Fr

1 x 75 Build

1 x 50 Sprint FR

7 x 25 Sprint Choice

CD

10 x 50 Fr/Bk Kick

Focus on flip turns

Spin not throw legs

EZ kick back

Then

100 EZ

Total yards 3400 yards