

January 5, 2010

Warm up

15 minute swim (estimated 1000 yards)

10 x 50 25 Fr/25 Br with double pull outs ir:15

1 x 300 FR pull – focus on DPS ir:30

1 x 200 HARD! Ir:10

1 x 100 EZ Kick ir:20

1 x 300 FR pull – focus on breathing ir:30

1 x 150 HARD! Ir:10

1 x 100 EZ kick ir:20

1 x 300 FR pull – focus on picking up tempo ir:30

1 x 100 HARD! Ir:10

1 x 100 EZ Kick ir:20

1 x 300 FR pull – with effort ir:30

1 x 50 HARD! Ir:10

1 x 100 EZ kick

CD 200 EZ

Total yards 3800