

Monday January 11, 2010

Warm up

300 Swim

300 Pull

400 IM 50 Drill/50 swim (fly can be modified)

4 x 25 front scull ir: 10

*keep hands sculling in and out and not "around"

*try to feel the water on the hands

1 x 100 Sprint Choice@ 2:00 (ir:40)

5 x 100 50 sprint FR/50 EZ @ 1:45 (4 @ ir:20)

1 x 100 Sprint @ 2:00

5 x 100 25EZ/50 sprint FR/25 EZ @ 1:45

1 x 100 Sprint @ 2:00

5 x 100 50 EZ/50 Sprint FR @ 1:45

1 x 100 Sprint

{4 x 25 1Pull2Kick BR}

X2 {1 x 100 Fr/Br}

CD 100 EZ

Total yards 3500 yards