

Tuesday January 12, 2010

Warm up

200 swim

8 x 50 25 one arm/25 beautiful FR

1 x 20 min swim

1 x 100 EZ Kick

{1 x 25 sprint ir:10}

{1 x 100 EZ Fr ir:30}

{1 x 50 sprint ir:10}

{1 x 100 EZ Fr ir:30}

X2 {1 x 75 sprint ir:10}

{1 x 100 EZ Fr ir:30}

{1 x 100 sprint ir:10}

**sprints are strokes swimming in the meet or fast kick with fins

CD 100 EZ

Total yards 2000 + distance swum in 20 minute swim