

Friday January 15, 2010

Warm up

200 Swim

200 Pull

200 IM drill

200 Fr build by 50

{4 x 25 BK drill ir:10}

X2 {2 x 50 6-3-6 BK ir:15}

{1 x 100 Long BK ir:20}

*** fins are ok

{2 x 200 Fr desc 1-2 @ 2:50 or ir:30}

X3 {1 x 100 Fr SPRINT @ 1:35 or ir:20}

{1 x 100 Fr EZ ir 1:00}

***really work the second 200 and the first 100

CD 300 EZ

Total 3500 yards