

Monday January 18, 2010

Warm up

 {100 FR}
X4 {50 BK}
 {50 Br}

10 x 100 Fr with fins ir:15

25 one arm/75 swim breathing only to that side

Odd R arm/R side

Even L arm/L side

 {2 x 25 Fr SC ir:05}
 {1 x 50 Fr ir:15}
 {2 x 25 Fr SC ir:05}
X3 {1 x 100 Fr ir:15}
 {2 x 25 Fr SC ir:05}
 {1 x 200 FR ir1:00}

***SC <20. Longer swims are with some effort. Count strokes to see how far effort swimming is from SC

CD

100 one arm fly

100 6-3-6 BK

100 1P2K Br

100 EZ Fr

Total yards 3700