

Monday January 25, 2010

Warm up

X2 {300 swim + 100 Pull + 50 Kick}

X5 {1 x 25 r armfly}  
{1 x 25 l arm fly}  
{1 x 25 Stretch fly}  
{1 x 25 sprint fly}  
\*\*\* ir:15 with fins if necessary

3 x 75 Fr @ 1:05  
1 x 75 Fr SC @ 1:15  
3 x 125 Fr @ 1:50  
1 x 125 Fr SC @ 2:15  
3 x 175 Fr @ 2:10  
1 x 175 Fr SC ir1:00  
3 x 125 Fr @ 1:50  
1 x 125 Fr SC @ 1:50  
3 x 75 FR @ 1:05  
1 x 75 Fr SC

CD 100 EZ  
Total 3800 yards