

Wednesday January 27, 2010

Warm up

4 x (100 Fr + 25 kick)

4 x (75 Pull + 25 scull)

4 x 75 KWF ir:15

25 EZ/25 med/25 Fast

{1 x 100 Fr SC ir:15}

{3 x 100 FR push @ 1:35 ir:10}

X2 {1 x 200 FR SC ir:30}

{3 x 100 Fr push @ 1:35}

{1 x 100 FR SC ir 1:00}

Cd 200 EZ

Total 3400 yards