

Friday January 29, 2010

Warm up

600 Swim every 4th lap Br or Bk

5 x 100 25 one arm Fr/75 FR ir:10

Odd r arm/ breathe only R

Even l arm/breathe only L

4 x 50 Fr Pull @ :50 (ir:15)

1 x 50 FR pull FAST @ :45 (ir:10)

3 x 50 Fr pull @ :50

2 x 50 Fr pull FAST @ :45

2 x 50 Fr pull @ :50

3 x 50 Fr pull FAST \$:45

1 x 50 Fr pull @ :50

4 x 50 FR pull FAST @ :45

1 x 100 EZ ir:1:00

4 x 50 Fr @ :55 (ir:20)

1 x 50 Fr @ :40 (ir:05)

3 x 50 Fr @ :55

2 x 50 Fr @ :40

2 x 50 Fr @ :55

3 x 50 Fr @ :40

1 x 50 Fr @ :55

4 x 50 Fr @ :40

CD 300 EZ

Total 3500 yards