

Monday Feb. 1, 2010

Warm up

600 Swim every 4th lap is Br or Bk

{1 x 50 Fr pull @ :55 or ir:15}

{1 x 100 Fr pull @ 1:45 or ir:20}

X2 {1 x 150 Fr pull @ 2:05 or ir :25}

{1 x 200 Fr pull @ 3:10 or ir:30}

***keep stroke count consistent as yardage increases

{1 x 100 IM drill @ 2:00 or ir:20}

{4 x 100 IM Fly/Bk/Br rest 5 sec sprint Fr @ 1:55 ir:20}

X2 {1 x 100 IM kick @ 2:00 or ir:20}

{4 x 100 IM Rev order Fr/Br/Bk rest 5 sec sprint Fly @ 1:55 or ir:20}

CD 100 EZ

Total yards 3700