

Tuesday Feb. 2, 2010

Warm up

100 Fr

100 Fr K

100 Br

100 Br K

100 Bk

100 Bk K

100 one arm Fly

100 Fly K

4 x 100 ir:15

#1 25 Turtle Drill Br/25 Stretch Br/50 FR

#2 25 Turtle Drill /50 Stretch Br/25 Fr

#3 25 Turtle Drill/75 stretch Br

#4 stretch BR

4 x 25 KWF @ :25 (ir:05)

4 x 50 KWF @ :50 (ir:10)

4 x 75 KWF @ 1:15 (ir:15)

4 x 100 KWF @ 1:45 (ir:20)

1 x 100 Swim EZ

4 x 100 KWF @ 1:30 (ir:05)

4 x 75 KWF @ 1:10 (ir:10)

4 x 50 KWF @ :55 (ir:15)

4 x 25 KWF @ :40 (ir:20)

CD 200 EZ

Total yards 3500