

Friday February 5, 2010

Warm up

200 swim

2 x 300 (25K/25S/50K/50S/75K/75S)

8 x 50 25 fist/25 swim @ 1:05

Odd Fr

Even No-Fr

{1 x 300 \* @ 4:20 or ir:30}

X 5 (4) {4 x 50 Fr \*\* @ interval below with 1:00 after each pass}

\* 300 Fr is desc by 100, start easy

\*\* 50's descend by pass :55 /:50/:45/:40/:35 or four rounds ir:20/ir:15/ir:10/ir:05

CD 100 EZ (300 EZ if only went four passes)

Total yards 3800/3500