

Tuesday February 9, 2010

Warm up

{100 Fr}

{100 Br}

X2 {100 Fr}

{100 Bk}

8 x 125 with fins @ 2:00

25 side k/25 6-3-6/75 fr breathing to same side as k

Odd r side/breathe r

Even l side/breathe l

{1 x 50 Fr @ 1:00 or:55 or:50}

{1 x 50 Fr @ :55 or:50 or :45}

X4 {1 x 50 Fr @ :50 or:45 or:40}

{1 x 200 Fr @ 3:30 or3:10 or 2:45}

{1 x 50 FR EZ @ 1:30}

CD 300 swim or pull + 100 float

Total yards 3800