

Friday February 12, 2010

Warm up

500 Swim – 100 Fr/100 no Fr/100 Fr/100 No Fr/100 Fr

300 KWF – 100 Flutter/100 Dolphin/100 Flutter

10 x 25 Dolphin K on stomach (take a Br pull when breathing)

10 x 25 Dolphin K on stomach (take a FLY pull when breathing)

***@ :35 or ir:10 with fins or without

6 (5)x 400 Fr broken at 300 yards for 10 sec (get split for last 100)

*Last 100 – no more than 10 sec above best 100 time

*Try to descend the 100's 1-3 then 4-6

*Get through this at least 5 times with a 6th if you have energy or time

Cd 300 EZ

Total yards

4000/3600