

Monday February 15, 2010

Warm up

200 Swim

3 x 300 ir:20

#1 Fr with fins focus on length

#2 Fr swim breathing every 3

#3 Fr pull breathing every 3

12 x 25 Bk Kick with fins holding hands/kickboard/med ball in the air ir:15

Use abs to hold body up

4 x 100 Fr pace @ 1:45 (ir:10)

1 x 100 Fr KWF Fast@1:45 (ir:20)

3 x 100 Fr pace

2 x 100 FR KWF Fast

2 x 100 Fr pace

3 x 100 FR KWF Fast

1 x 100 Fr pace

4 x 100 FR KWF

CD 8 x 25 FR SC < 15 per lap or BR SC <7 per lap

Then 100 EZ

Total 3700 yards