

Wed. February 17, 2010

Warm up

300 Swim

100 Kick

300 Pull

100 Kick

8 x 50 with fins ir:15

25 "Pause-Flip" BK drill/25 Bk

1 x 50 Fr with effort @ :45 (ir:10)

2 x 200 Fr 150 EZ/50 Push @ 2:45 (ir:20)

1 x 50 Fr with effort

2 x 200 Fr 100 EZ/100 Push @ 2:40 (ir:15)

1 x 50 Fr with effort

2 x 200 Fr 50 EZ/150 push @ 2:35 (ir:10)

1 x 50 Fr with effort

Rest 2 minutes

5 x 100 choice Full SPRINT! @ 2:30 (ir 1:15)

CD 300 EZ Swim

Total 3400 yards