

Friday February 19, 2010

Warm up

200 swim

8 x 100 ir:10 desc 1-8 (start really slow)

8 x 75 with fins @ 1:15 50 side K/25 Bk

{2 x 25 FR no breaths @ :35 (or ir:20)}

{2 x 150 FR @ 2:15 (ir:20)}

X2 {4 x 25 Fr 1breath @ :35}

{4 x 150 FR @ 2:15 (ir:20)}

\*\*\*take 1 minute after the pass

CD 300 EZ pull

Total yards 4000