

Monday February 22, 2010

Warm up

400 Swim – not just FR

400 50 Drill/50 Swim choice

12 x 50 KWF Backstroke

#1-6 EZ @ 1:00

#7-12 Fast@ :45

1 x 400 FR with toys (buoy and paddles) @ 5:30 (ir:30)

1 x 400 FR no toys, build by 100

1 x 400 FR push pace (ir:40)

1 x 200 FR with toys @ 2:50 (ir:20)

1 x 200 FR not toys, build by 50

1 x 200 FR push pace (ir:30)

1 x 100 FR with toys @ 1:40 (ir:15)

1 x 100 FR no toys build by 25 (ir:15)

1 x 100 FR push pace

CD 300 EZ Swim

Total yards 3800