

Wed. February 24, 2010

Warm up

300 Swim – not all FR

300 FR PULL breathe to the right going down and to the left coming back

300 50 Drill/50 Swim choice

1 x 100 BK ir:15

1 x 100 75BK/25 Fast BK Kick ir:15

1 x 100 50BK/50 Fast BK Kick ir:15

1 x 100 25BK/75 Fast BK Kick ir:15

1 x 100 Fast BK kick

***all with fins

10 x 50 FR @ :50 (ir:10)

1 x 200 Swim active recovery

10 x 50 FR @ :45 (ir:05)

1 x 200 Swim active recovery

10 x 50 FR @ :40 (ir:03)

***keep pacing the same with the reduced rest

CD 300 EZ

Total 3600 yards