

Thursday February 25, 2010

Warm up

200 Swim

100 kick

300 Swim

200 50Drill/50 swim choice

{1 x 25 Fly pull}

{1 x 25 BK pull}

X4 {1 x 25 Br pull}

{1 x 25 Fr pull}

***ir:15 keeping this nice and easy

4 x 75 25 fly/50 Bk @ 1:15 (ir:10)

4 x 75 25 Bk/50 Br @ 1:20 (ir:10)

4 x 75 25 Br/50 Fr @ 1:20 (ir:10)

4 x 75 25 Fr/50 Fly (may use fins) @ 1:15 (ir:10)

Rest 2 minutes

4 x 75 Dolphin K with fins FAST @ 1:05 (ir:15)

4 x 75 50 Dolph K/25 Flutter FAST with fins @ 1:05

4 x 75 25 Dolph K/50 Flutter K FAST with fins @ 1:05

4 x 75 Flutter kick with fins FAST @ 1:05

***these are "all out" kicking

CD 200 EZ

Total 3800 yards