

Monday March 1, 2010

Warm up

400 Swim

300 Pull

100 EZ Kick

8 x 100 with fins ir:15

50 Kick/50 swim (Fr, Bk or Fly)

***kick out ½ way on each 25

5 x 50 @ 1:00 (ir:20)

1 x 200 Fr @ 2:45 (ir:20)

5 x 50 @ 1:00

1 x 200 Fr @ 2:50 (ir:25)

5 x 50 @ 1:00

1 x 200 Fr @ 2:55 (ir:30)

5 x 50 @ 1:00

1 x 200 Fr

***50's choice but make interval, 200's are descended

CD 100 EZ

Total yards 3500 yards