

Wed. March 3, 2010

300 Swim

300 Pull

300 Kick

{1 x 50 3r3l3w strokes fly with fins}

X6 {1 x 50 25 Fly/25 Dolphin K}

@ 1:00 or ir:15

{2 x 75 25Choice-25 EZ Fr-25choice same as first 25 but faster @ 1:10 (ir:15)}

X2 {2 x 125 50 choice -25EZ- 50 choice same as first 50 but faster @ 2:00 (ir:20)}

{2 x 225 100 choice -25 EZ Fr-100 choice same as first 100 but faster @ 3:45 (ir:30)}

***descend that second half to race pace

*** take 1 minute after the first pass

CD 300 EZ swim

Total yards 3500