

Friday March 5, 2010

Warm up

X3 {200 Swim}
{50 Drill}
{50 Kick}

8 x 75 ir:15

25 6-3-6 50 swim FR or BK

X3 {1 x 300 200 EZ Fr Pull/100 Fr with effort (no buoy)}
{1 x 300 100 EZ Fr Pull/200 Fr with effort (no buoy)}
@ 4:30 or ir:45

*** EZ pull is EZ!

Accelerate into the swim and drop the buoy

CD 300 BK Kick in streamline

Total 3600 yards