

Monday March 8, 2010

Warm up

200 Swim

4 x 150 50Zipper Drill/100 Swim

100 EZ Kick

3 x 50 Fr/Bk ir:15

3 x 50 Bk

3 x 50 Bk/Br

{4 x 25 Smooth @ :35 (ir:15)}

{1 x 50 FAST @ 1:10 (ir:20)}

{4 x 50 Smooth @ :55 (ir:15)}

X2 {1 x 100 Fast @ 1:45 (ir:20)}

{4 x 100 Smooth @ 1:35 (ir:15)}

{1 x 200 Fast @ 1:00 rest}

CD 300 EZ

Total yards 3700