

Tuesday March 9, 2010

Warm up

300 Swim

4 x 100 50 D/50 Swim ir:10-15

200 Pull

10 x 50 25Bk/25Br ir:15

Focus on the turn with dbl pull outs on the BR

{2 x 75 IM Fly/Bk/Br @ 1:15 or ir:10}

{1 x 100 EZ ir:30}

X3 {2 x 75 IM Bk/Br/Fr @ 1:15 or ir:10}

{1 x 100 EZ ir:30}

3 x 25 Fly – push ½ EZ 2nd ½ @ :40

1 x 25 EZ

3 x 25 Bk – push ½ then EZ 2nd ½

1 x 25 EZ

3 x 25 Br - push ½

1 x 25 EZ

3 x 25 FR – push ½

1 x 25 EZ

CD 200 Swim

Total yards 3400