

Wed. March 10, 2010

Warm up

300 Swim

300 pull

4 x 75 Fr Drill "1"/"3"/"5" ir:10

10 x 50 with fins @ 1:00

Flutter or dolphin K on front

Take a stroke to breathe

Focus on streamline body position

{1 x 200 Fr @ 3:00 (ir:30)}

{1 x 150 100 Fr/50 Fast Bk @ 2:05 (ir:20)}

X4 {1 x 100 50 Fr/50 fast Br @ 1:55 (ir:15)}

{1 x 50 25 Fr/25 Fast Fly @ :55 (ir:10)}

***200 Fr is active recovery, all other FR is pace

CD 200 EZ

Total yards 3600