

Monday March 15, 2010

Warm up

500 Swim

4 x 100 25 R. arm/25 L. arm/50 Fr "3" ir:10

10 x 50 Bk Kick with fins @ 1:00

Moderate kick – focus on feet flicking and stretch through streamline

{4 x 100 Fr pull @ 1:40 (ir:15)}

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

X2 {3 x 100 Fr pull @ 1:35 (ir:10)}

{1 x 100 Fr with effort @ 2:30 (ir 1:00)}

CD 200 EZ

Total yards 3600