

Monday March 22, 2010

Warm up

200 Swim

200 pull

100 Kick

4 x 50 25 catch up/25 swim ir:10

{4 x 25 Fr with sighting/breathing ir:10}

X2 {4 x 75 12 ½ run/50 swim/ 12 1/2 run ir:15}

1 x 300 (100 build/50 sprint/100 build/50 sprint) ir:30

2 x 100 Fr @ 1:30 (ir:20)

1 x 250 (75 build/50 sprint/75 build/50 sprint) ir:30

2 x 100 Fr @ 1:25 (ir:15)

1 x 200 (50 build/50 sprint/50 build/50 sprint) ir:30

2 x 100 Fr @ 1:20 (ir:10)

1 x 150 (25 build/50 sprint/25 build/50 sprint) ir:30

2 x 100 Fr @ 1:15 (ir:05)

***take an additional :30 after each of the 2nd 100 's

CD 300 EZ swim

Total yards 3500