

Wed. March 24, 2010

Warm up

500 Swim

300 KWF

8 x 75 with fins ir:15

25 side K Right/25 6-3-6- drill/25 side K left

#1-4 Backstroke

#5-8 Freestyle

9 x 50 Fr Pull "3" @ :50 (ir:15)

1 x 300 swim (IM folks do it fly/back) ir:30

7 x 50 Fr Pull "5" @ :50 (ir:15)

1 x 300 swim (IM folks do it back/br) ir:30

5 x 50 Fr Pull "7" @ :50 (ir:15)

1 x 300 swim (IM folks do it br/fr) ir:30

3 x 50 Fr pull "9" @ :50 (ir:15)

***do not "hold" your breath on these, control your breathing...both the exhale and the inhale

CD 200 EZ

Total yards 3700