

Monday March 29, 2010

200 Swim

4 x 25 SC ir:10

100 Kick

4 x 25 SC-1 ir:10

200 Swim

4 x 25 SC-2 ir:10

3 x 200 Fr Pull @ 3:00 (ir:20)

1st 200 – breathe to the R only

2nd 200 –breathe to the L only

3rd 200- breathe and sight

1 x 300 FR EZ (get time and calculate interval..see below)

1 x 325 FR

1 x 300 FR

1 x 350 FR

1 x 300 FR

1 x 375 FR

1 x 100 FR EZ

***all repeats in this set are on the SAME interval. Calculate the interval by adding time to your EZ 300 FR swim. If that swim was faster than 4:30 then add :45, if between 4:30 and 6:00 add 1:00, slower than 6:00 add 1:30 (for example...if 300 was 4:00 then interval is 4:45...if 300 was 5:00 then interval is 6:00)

CD 250 EZ BK Kick

Total yards 3600