

Tuesday March 30, 2010

Warm up

300 Swim

100 Kick

4 x 100 25 R arm/25 L arm/25 2r2L/25 swim BK ir: 10

8 x 75 25 Front Scull/50 Fr pull ir: 15

{3 x 150 50 FR SC/100 Fr ir:20}

X2 {1 x 100 EZ Swim no FR ir:30

{3 x 150 100 Fr /50 Kick FAST ir:20}

{1 x 100 EZ Swim no FR ir:30}

CD 100 EZ

Total 3700 yards