

Wed. March 31, 2010

Warm up

500 Swim

4 x 50 25 FR kick on stomach/25 Fr SC ir:10

4 x 50 side kick right with fins @ 1:00

4 x 50 back kick with fins @ 1:00

4 x 50 side kick left with fins @ 1:00

***not a kick set, but a warm up set...stretch!

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

{2 x 25 FR SC @ :30 (ir:10)}

{4 x 100 FR @ 1:35 (ir:15)}

X2 {2 x 25 FR SC @ :30 (ir:10)}

{6 x 50 FR @ :45 (ir :10)}

***focus on efficiency while Swimming with effort

***keep checking SC

***take a minute after the pass

CD 200 EZ BK Kick – stretch!

Total 3500