

Thursday April 1, 2010

Warm up

400 IM (Fr instead of Fly)

400 IM (50 Drill/50 Kick each stroke)

{1 x 50 Fr SC @ 1:00}

X3 {1 x 50 Fr faster but with same SC as the first one @ 1:00}

{2 x 50 No Fr Fast! @ 1:15 (ir: 20)}

{1 x 100 Drill choice ir: 15}

{1 x 200 IM FAST @ ir: 20}

X2 {1 x 400 Fr EFFICIENT! ir 1:00}

{2 x 50 KWF fast @ 1:00 (ir: 15)}

{1 x 100 EZ KWF @ ir: 15}

{4 x 25 KWF FAST @:25 (ir: 10)}

***take a minute between the passes

CD 200 EZ

Total yards

3500