

Monday April 5, 2010

Warm up
200 Swim
200 Kick
200 Pull
200 Kick
200 Swim

{1 x 100 6-3-6 drill} ir:15

X6 {1 x 100 Swim }

Alternate a pass of FR and BK...think length when swimming. Do this with fins.

4 x 25 No Fr Sprint @ :30 (ir:10)
1 x 100 Fr Efficient! @ 1:35 (ir:15)
4 x 50 No Fr Sprint @ 1:00 (ir:15)
1 x 200 Fr Efficient! @ 3:00 (ir:20)
4 x 100 No Fr Sprint @ 2:00 (ir:30)
1 x 400 Fr Efficient

***Efficient Fr is controlled fast Swimming. Keep an eye on stroke count

CD 100 EZ

Total yards 3700