

Tuesday April 6, 2010

Warm up

200 SPKPS

10 x 50 Fr pull Efficient! @ :45 (ir:10)

Not a sprint but SC with effort

2 x 200 IM ir:20 25 Fast stroke/25 Ez Fr

1 x 200 EZ BK ir:30

2 x 200 IM ir:20 25 EZ FR/25 Fast Stroke

1 x 200 EZ Br ir:30

2 x 200 IM ir:20

1 x 200 EZ Fr

CD 100 Pull/100 K/100 S

Total yards 3600