

Monday April 12, 2010

Warm up

200 Fr

200 No Fr

200 Pull

200 25 Drill/25 Swim choice

2 x 125 side kick with fins @ 2:10 (ir:20)

2 x 125 back kick with fins

2 x 125 front kick with fins (take a FR stroke to breathe)

***all with fins

3 x 100 Fr @ 1:15 (ir:05)

1 x 100 EZ @ 2:00 (ir:30)

5 x 100 Fr @ 1:20 (ir:10)

1 x 100 EZ @ 2:00 (ir:30)

7 x 100 FR @ 1:25 (ir:15)

1 x 100 EZ

***pick a target pace and hold it...this interval group was holding 1:10's the whole way

CD 300 Pull (each 100 gets slower and longer)

Total yards 3800