

Wed. April 14, 2010

Warm up

100 No Fr

100 Fr Pull

100 EZ Kick

400 FR (25 catch up/50 SC/25 fast)

6x 100 kick with fins ir: 20

25 r side/25 bk/25 l side/25 front underwater

{3 x 50 desc 1-3 @:50 (ir: 15)}

X2 {4 x 200 Fr pace @ 2:45 (must be on interval with about: 15 sec rest)}

{1 x 50 Fr SPRINT! Rest 1:00}

CD 400 Pull focus on breathing slowly

Total 3700 yards