

Monday April 19, 2010

Warm up

{150 swim}
X3 {100 Pull}
{50 kick}

4 x 75 50 Bk Drill/25 Swim with fins ir:15

2 x 400 Fr pull @ 6:00 (ir:30) desc 1-2
1 x 100 Fr catch up with stick @ 2:00 (ir:30)
2 x 300 Fr @ 4:30 (ir:30) desc 1-2
1 x 100 Fr catch up with stick
2 x 200 Fr @ 3:00 (ir:30) desc 1-2
1 x 100 Fr catch up with stick

4 x 75 50 Bk/ 25 Fast Bk kick with fins ir:15

CD – 200 EZ

Total yards 3800