

Wed. April 21, 2010

Warm up

400 Swim every fourth lap is Br
300 Pull every 3rd lap is Sculling
200 Kick 25 Br/25 Fr

9 x 50 with fins 25 6-3-6 drill/25 BK or FR @ 1:00

1 x 200 Fr build by 100's @ 3:00 (ir:30)

1 x 50 Sprint @ :50 (ir:15)

1 x 200 Fr build by 100's

2 x 50 Sprint

1 x 200 build by 100's

3 x 50 Sprint

1 x 200 Fr build by 100's

4 x 50 Sprint

1 x 200 Fr build by 100's

5 x 50 Sprint

1 x 200 Fr build by 100's

CD with fins,

5 x 100 ir:15

50 EZ Bk/50 EZ Bk Kick

200 EZ Swim

Total 4000 yards