

2009.04.23
Masters Workout
Thursday, 7:30pm

Warmup

300 swim/200K/300 long FR w/paddles/200 K

Drill Set

4x25 K ir15

4x75 (50 catchup/25 long FR) ir15

4x25 K ir15

4x75 (50 SC/25 build FR) ir15

Rest 1min

x2

Main Set

6x200 FR ir 30

50 SC/50 build/50 SC/50 Fast

Cooldown

100 K/100 Pull

Total Yards: 4000