

Friday April 23, 2010

Warm up

400 Swim

500 Fr Pull "3"

{1 x 25 Front Kick in streamline @ :30 (ir:10)}

{1 x 50 Catch up slowly! @ 1:00 (ir:15)}

X4 {1 x 75 SC Fr @ 1:15 ir:20}

{1 x 100 Kick @ 1:45 (ir:20-30)}

\*\*\*all with fins

3 x 250 @ 3:30/4:00/4:10 (ir: 20-30)

1 x 100 EZ Kick ir:20-30 reset

2 x 250 @ 3:30 (rest should increase as speed increases)

1 x 100 EZ Kick ir:20-30 reset

1 x 250 @ 3:30

1 x 100 EZ Kick

\*\*\*descend the 250's from 1-6. Kick is Activ Recov.

CD 100 EZ swim

Total 3800 yards