

Monday April 26, 2010

Warm up

300 Swim

300 25 scull/50 pull/25 kick with buoy

300 25 catch up drill/50 Fr SC/25 Fr with effort

8 x 100 with fins ir:15

25 Kick/50 one arm/25 swim

BK, Fly or Fr

{1 x 400 Fr – 100 SC/100 Build/200 push}

X2 {1 x 400 Fr – 200 Push/100 Unbuild/100 SC}

@ 6:00 or ir:45

***SC is < or = to 20...really!

8 x 50 with fins @ 1:00

Odd Fast Kick

Even EZ Swim

CD 100 EZ

Total 3800 yards