

Wed. April 28, 2010

Warm up

400 Swim

200 Kick

6 x 50 25Drill/25 Swim ir: 15

12 x 50 Fr @:55

#1-4 EZ, 5-8 MED, 9-12 FAST

Rest 1:00

1 x 100 Fr – FAST for Time!

Rest 1:00

15 x 100 Fr @ 1:45

#1-5 EZ, #6-10 Med, #11- 15 FAST

\*\*\*set an interval on this one (no ir's...got to keep it honest) and stick to it. Interval is about: 20 rest...

CD – 500 EZ Kick or Pull

Total yards 3600