

Friday April 30, 2010

Warm up

200 Fr

200 no Fr

100 Kick

100 Fr

100 No Fr

10 x 100 With fins ir:15

25 6-3-6 drill/50 Swim/25 kick in streamline

7 x 300 FR @ 4:20 (establish an interval that gives at least 20 sec on the slow ones then stay on it)

#1 slow

#2 medium

#3 fast

#4 slow

#5 medium

#6 faster than #3

#7 slow SC (can pull it)

CD 200 EZ

Total 4000 yards