

Monday May 3, 2010

Warm up

300 Swim

4 x 150 50 Swim/50 Drill/50 Swim ir:15

4 x 50 Fr pull "3" @ 1:00

4 x 50 Fr pull "3-5" (by 25)

4 x 50 Fr pull "5"

4 x 50 Fr pull "5-7"

4 x 50 Fr pull "7"

***breathing every # strokes

Main set can be done as IM or FR

IM

4 x 25 Fly @ :35

1 x 100 IM @ 1:50 (ir:30)

4 x 50 Back , desc 1-2, 3-4 @ :55 (ir:15)

2 x 100 IM @ 1:50 desc 1-2

4 x 50 Br desc 1-2, 3-4 @ 1:00 (ir:15)

3 x 100 IM @ 1:50 desc 1-3

4 x 50 Fr @ :50 desc 1-2, 3-4(ir:15)

4 x 100 IM @ 1:50 desc 1-2, 3-4

FR

4 x 25 Fr @ :35

1 x 100 Fr build by 25 ir:20

4 x 50 Fr desc 1-2, 3-4 @ 1:00 (ir:15)

1 x 200 Fr build by 50 ir:30

4 x 50 Fr desc 1-4 @ 1:00

1 x 300 Fr build by 100 ir:30

4 x 50 Fr @ 1:00 all out

1 x 400 Fr build by 200

CD 100 EZ

Total yards 3700