

Wed. May 5, 2010

Warm up

800 Swim

300 Drill 25 R arm/25 L arm/25 swim

100 EZ Kick

4 x 100 Kick with fins desc 1-4 @ 1:45 (ir:25)

12 x 25 Fast Kick with fins @ :40 (ir:20)

4 x 100 Swim with paddles (no buoy) desc 1-4 @ 1:45 (ir:25)

12 x 25 Fast swim with paddles @ :35(ir:15)

4 x 100 Swim desc 1-4 @ 1:45 (ir:20-25)

12 x 25 Fast swim @ :30 (ir:10)

4 x 100 Swim with paddles and fins desc 1-4 @ 1:45 (ir:20)

12 x 25 Fast swim with paddles and fins @ :25 (ir:05)

***try to make the 25's on the interval. First 100 is an active recovery from the sprints. No extra rest built into the set. If you don't have paddles, then pull those.

CD 100 EZ

Total 3700 yards