

Monday May 24, 2010

Warm up

 {150 Swim}
X4 {100 drill}
 {50 kick}

9 x 50 swim @ :50 (ir:15) desc 1-3, 4-6, 7-9

1 x 100 EZ ir:30

6 x 100 swim @ 1:50 (ir:20) desc 1-3, 4-6

1 x 100 EZ ir:30

4 x 200 swim @ 3:10 (ir:30) desc 1-2, 3-4

1 x 100 EZ

CD 9 x 50 Bk KWF @ 1:00 EZ

Total 3700 yards