

Wed. May 26, 2010

Warm up

200 Swim

4 x (100 Swim + 25 run)

200 25 catch up/25 FR

10 x 50 Fr @ 1:00

EZ swim except somewhere in the middle of each 25 take 4 POWER freestyle strokes (passing speed)

1 x 25 @ :40

1 x 50 @ 1:00

1 x 75 @ 1:10

1 x 100 @ 1:25

2 x 25 @ :35

2 x 50 @ :55

2 x 75 @ 1:15

2 x 100 @ 1:30

3 x 25 @ :30

3 x 50 @ :50

3 x 75 @ 1:20

3 x 100 @ 1:35

CD

6 x 100

Odd 50 Br/50 Bk K

Even 50 BK/50 Br Kick

Then 100 Float

Total 3600 yards