

Monday September 21, 2009

Warm up

200 Swim FR

100 Kick no FR

300 Pull FR "3"

200 Swim No FR

8 x 100 ir:15

25 R arm/25 L arm/25 2R2L/25 Swim

Focus on core rotation, head stability, and breath control

FR or BK

{2 x 100 desc 1-2 ir:20}

X2 {2 x 200 desc 1-2 ir:30}

{1 x 100 EZ Active Recovery ir:30}

12 x 25 Dolphin K with fins @:40

CD 100 EZ

Total yards 3400