

Thursday October 1, 2009

Warm up

300 Swim every 3rd lap BR

300 Swim every other 50 BK

300 100 Bk/100 Br/100 FR

{1 x 25 EZ Kick ir:15}

X4 {1 x 50 Mod Kick ir:15}

{ 1 x 100 Fast Kick ir:15}

***with fins

4 x 100 Fr Pull DPS@ 1:45

1 x 100 50 Fr 50 No Fr @ 1:45

3 x 100 Fr Pull DPS @ 1:45

2 x 100 50 Fr 50 No Fr @ 1:40

2 x 100 Fr Pull DPS @ 1:45

3 x 100 50 Fr 50 No Fr with fins @ 1:40

1 x 100 Fr Pull DPS @ 1:45

4 x 100 50 Fr 50 No Fr with fins @ 1:35

CD 100 EZ

Total 3700 yards