

Tuesday October 6, 2009

Warm up

300 Swim

100 K

5 x 100 25Rarm/25Larm/25 2R2L/25 swim ir:10

10 x 50 6-3-6 drill with fins BK or FR @ 1:00

5 x 400 ir 2:00

#1 EZ long FR

#2 300 EZ Long FR/100 Push FR or BK

#3 200 EZ Long FR/200 Push FR or BK

#4 100 EZ Long FR/300 Push FR or BK

#5 Pull

CD 100 EZ

Total yards 3500