

Wed. October 7, 2009

Warm up

300 Swim

100 Kick

5 x 100 25R/25L/25 2R2L/25 Swim ir:10

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

4 x 150 Fr @ 2:15/2:20/2:30

1 x 300 Fr Pull ir:30

4 x 150 Fr @ 2:05/2:10/2:20

1 x 300 Swim

4 x 25 Fast KWF @ :30

1 x 25 EZ Kick ir:10

3 x 25 Fast KWF @ :30

1 x 25 EZ Kick ir:10

2 x 25 Fast KWF @ :30

1 x 25 EZ Kick ir:10

1 x 25 Fast KWF

1 x 25 EZ Kick

CD -150 EZ

Total yards 3700 yards