

Friday October 9, 2009

Warm up

300 Swim

2 x 75 50 Drill/25 Swim

300 Pull

2 x 75 25 Drill/50 Swim

X4 {1 x 50 Side Kick with fins}  
{1 x 50 6-3-6 with fins}  
{1 x 50 swim with fins}

\*\*\*@ 1:05 Fr or BK

2 x 75 @ 1:30 Freakin Fast!

4 x 75 @ 1:15 (ir:20)

4 x 75 @ 1:10 (ir:15)

2 x 75 @ 1:30 Freakin Fast!

Rest 2:00

2 x 75 @ 1:30 Freakin Fast!

4 x 75 @ 1:10 (ir:15)

4 x 75 @ 1:05 (ir:10)

2 x 75 @ 1:30 Freakin Fast!

4 x 25 Fast K (no fins) @ :40

1 x EZ Kick ir:15

3 x 25 Fast K (no fins) @ :40

1 x 25 EZ Kick

2 x 25 Fast K (no fins)@ :40

1 x 25 EZ Kick

1 x 25 Fast K

1 x 25 EZ Kick

CD 150

Total Yards 3800