

Monday October 12, 2009

Warm up

X3 {200 Swim +50 Drill}

300 KWF (100 EZ 100 Med 100 FAST)

10 x 50 Fr Pull @ 1:00

#1-3 SC/SC-1

#4-7 3/5

#8-10 Build by 25

3 x 300 Fr @ 4:30 desc 1-3

1 x 300 Fr Pull A/R @ 5:00

3 x 300 Fr @ 4:30 desc 1-3

CD 150 EZ

Total yards 3800 yards