

Wed. October 14, 2009

Warm up

200 Swim

200 Kick

200 Pull

200 Swim

1 x 1000 for time!

10 x 50 side KWF @ 1:00

4 x 125 (100 Fr + 25 FAST Kick!) ir:20

4 x 75 (50 No Fr + 25 Fast Kick) ir:15

4 x 125 (100 Fr + 25 Fast Kick!) ir:20

CD 200 EZ

3800 yards