

Friday October 16, 2009

Warm up

600 Rev IM (50 D 50 S 50 K)

300 Pull (100 "3" 100 "5" 100 "7")

4 x 25 shoulder rock

4 x 25 Br with dolphin K

4 x 25 body rock

4 x 25 1 up 3 down fly

4 x 25 1stroke fly/1stroke Br

***with fins @:35

3 x 100 25 Fast Fly/ 75 FR @ 1:40/1:45

3 x 100 25 Fr/ 25 Fast BK/50 Fr @ 1:40/1:45

3 x 100 50 Fr/25 Fast Br/25 Fr @ 1:45/1:50

3 x 100 75 Fr/25 Fast Fr @ 1:40/1:45

Rest 1:00

3 x 100 IM @ 1:55

3 x 100 IM Kick FAST@ ir:30

CD 200 EZ

Total yards 3400