

Monday October 19, 2009 Early am (shortened workout...only an hour)

Warm up

300 Swim

300 Pull

300 50 Drill/50 Swim

5 x 100 @ 1:45

50 SC/50 Build

2 x 200 FR @ 3:00 Sprint!

1 x 100 EZ A/R ir:30

4 x 100 Fr @ 1:45 Sprint!

1 x 100 EZ A/R ir:30

8 x 50 FR @ 1:00 SPRINT!

1 x 100 EZ A/R

CD 300 Fr pull DPS

Total yards 3200