

Monday Oct. 19, 2009 Day

Warm up

100 Fr

100 Fr K

100 Br

100 Br K

100 Bk

100 Bk K

100 One arm fly

100 dolphin K

{4 x 25 1up3down Fly ir:10}

X2 {4 x 25 2 up 2 down fly ir:10}

{4 x 25 3 up 1 down fly ir:10}

***with fins

4 x 50 Fly/Bk ir:15

1 x 300 Fr pull DPS ir:30

6 x 50 Bk/Br ir:15

1 x 200 Fr pull DPS ir:30

8 x 50 Br/Fr ir:15

1 x 100 Fr pull DPS

5 x 100 KWF on back SPRINT! (flutter or dolphin) @ 2:00

CD 100 EZ

Total 3500 yards