

Wed. October 21, 2009

Warm up

300 Swim

500 Fr Pull "3"

200 Kick

10 x 50 Bk KWF @ 1:00

***focus on stretching through shoulders and on boiling water off feet

10 x 200 Broken @ 3:10 50 EZ rest 10 sec/100 Push for time rest 10 sec/50 EZ

#1-3 desc middle 100 FR

#4-6 desc middle 100 FR

#7-9 desc middle 100 FR

#10 fastest middle 100 of the day

***9 @ 3:30 or 8 @ ir:30

CD 200 EZ

Total yards 3700