

Friday October 23, 2009

Warm up

400 Swim

2 x 50 Fr Pull "3"

200 Kick

4 x 50 Fr Pull "5"

{2 x 50 Fr}

{2 x 75 Fr}

X3 {2 x 50 Fr}

{4 x 75 Fr}

{2 x 25 Fr}

***all three distances are all the same interval 1) 1:05 2) 1:00 3):55 with minute extra rest between 2nd and 3rd pass. Other lanes went 1:15/1:10/1:05 or 1:30/1:25/1:20

CD 12 x 50 Drill/Swim ir:15

#1-4 Bk

#4-8 Br

#9-12 Fr

Total yards 3600