

Monday October 26, 2009

Warm up

400 Swim

3 x 100 IM Drill

200 Kick

8 x 150 with fins @ ir: 20

50 side k/50 catch-up drag/50 Fr taking 10 strokes per lap

2 x 400 Fr @ 6:15 desc. 1-2

1 x 400 Fr pull DPS @ 6:30

2 x 400 Fr @ 6:00 desc 1-2

CD 100 EZ

Total yards 4200