

Wed. October 28, 2009

Warm up

300 Swim

3 x {100 IM drill + 50 K}

1 x 100 @ 1:40/1:45/2:00

1 x 100 @ 1:30/1:35/1:50

1 x 100 @ 1:20/1:25/1:40

1 x 100 @ 1:40/1:45/2:00

1 x 100 @ 1:30/1:35/1:50

2 x 100 @ 1:20/1:25/1:40

1 x 100 @ 1:40/1:45/2:00

1 x 100 @ 1:30/1:35/1:50

3 x 100 @ 1:20/1:25/1:40

1 x 100 @ 1:40/1:45/2:00

1 x 100 @ 1:30/1:35/1:50

4 x 100 @ 1:20/1:45/1:40

\*\*\*can diversify but stay on interval

12 x 50 @ 1:00 with fins

#1-6 25 Kick U/W 25 Fr or Fly

#7-12 25 Fr or Fly 25 kick u/w

\*\*\*this is a kick set with no more than 2 breaths on the underwater kick

CD 350 EZ Pull

Total 3500 yards