

Friday October 30, 2009

Warm up

300 Swim

{1 X25 Fr Pull SC}

{1 x 50 Fr Pull SC}

X2 {1 x 75 Fr Pull SC}

{1 x 100 Fr Pull SC}

200 Kick

{1 x 150 @ 2:15 50 6-3-6 Drill/100 Swim}

X2 {1 x 150 @ 2:15 50 swim/50 6-3-6/ 50 Swim}

{1 x 150 @ 2:15 100 Swim/50 6-3-6 drill}

***with fins

***alternate interval ir:20

10 x 50 25 sprint stroke and turn/25 ez Fr @ 1:00

1 x 300 Fr pull DPS@ ir 1:00

10 x 50 25 ez Fr/25 Sprint stroke and finish@ 1:00

1 x 300 Fr pull DPS

CD 100 EZ

Total yards 3500 yards