

Tuesday November 3, 2009

Warm up

300 Swim

4 x 100 25 swim-50 drill-25 swim

200 kick

5 x 50 KWF Bk @ :55

5 x 50 KWF Dolphin Kick out then Bk K with fins@:55

5 x 50 Kick out then swim BK with fins @ :55

5 x 50 BK sprint with fins @ :55

3 x 25 Fly @ :35

1 x 25 Fr @ :35

3 x 75 50 Bk/25 Br @ 1:15

1 x 75 Fr @ 1:15

3 x 75 25 Bk/50 Br @ 1:15

1 x 75 Fr @ 1:15

3 x 100 50 Bk/50 Br @ 1:50

1 x 100 Fr @ 1:50

3 x 100 50 Br/50 Fr @ 1:45

1 x 100 Fr @ 1:45

CD 200 EZ

Total yards 3600