

Wed. November 4, 2009

Warm up

4x (100 Fr + 25 dog paddle)

4 x (75 no-Fr + 25 Kick)

5 x 100 ir:15

25 Swim- 50 Drill- 25 swim

{3 x 100 KWF @ 1:40}

{1 x 50 KWF Sprint! @ 1:00}

{3 x 100 Fr @ 1:40}

X2 {1 x 50 Sprint FR @ 1:00}

{3 x 100 KWF @ 1:35}

{1 x 50 Sprint KWF @ 1:00}

\*\*\*second pass KWF 1:35 and 1:30

CD 100 EZ

Total yards 3600