

Monday November 9, 2009

Warm up

300 Swim

5 x 100 25 R arm/25 L arm/50 Swim ir:10

200 EZ Kick

{1 x 50 25 kick/25 swim}

X5 {1 x 50 25 swim/ 25 Kick}

***ir:15

#1-3 Fr or Bk

#4-5 Br or Fly

2 x 300 @ 4:30 or ir:30

Push 1st 100 200 Fr is focused on breathing (exhale and control)

2 x 300 @ 4:30 or ir:30

Push 2nd 100 remaining 200 is focused on getting DPS out of both hands

2 x 300 @ 4:30 or ir:30

Push last 100 with first 200 focused on controlling the build to the push

CD

10 x 50 Fr Pull EZ @ 1:00

Total yards 3800