

Wed. November 11, 2009

Warm up

200 Swim

200 Pull

200 Kick

100 Swim

100 Pull

100 Kick

1 x 200 Swim Bk or Fr with fins ir:30

1 x 200 150 Swim Bk/Fr 50 Fast K ir:30

1 x 200 100 Swim Bk/Fr 100 Fast K ir:30

1 x 200 50 Swim Bk/Fr 150 Fast K ir:30

1 x 200 Fast K

{1 x 100 ir:10}

{1 x 25 EZ ir:15}

X8 {1 x 50 Push ir:10}

{1 x 25 EZ ir:45}

*** #1-#4 100's are IM desc 1-2, 3-4

50's are Stroke (no Fr)

#5-8 100's are FR desc 5-6, 7-8

50's are FR

CD 200 EZ

Total yards 3700