

Friday November 13, 2009

Warm up

500 Swim

8 x 50 Drill/Swim choice ir:15

4 x 300 with fins ir:30

25 K/25 S/50K/50S/75 K/75 S

{6 x 25 Fr @ :30 or ir:10}

{10 x 25 Fr @ :25 or ir:05}

X3 {4 x 25 Fr @ :22 or ir:02}

***aerobic set...low zone 3 heart rate

***no breathing on first four strokes

***try not to breathe every stroke

CD 100 EZ

Total yards 3700 yards