

Monday November 16, 2009

Warm up

300 Swim

100 Kick

3 x 50 Drill/swim

100 Kick

3 x 50 Desc. 1-3

100 Kick

1 x 300 Fr Pull @ 4:20 or ir:30

1 x 250 Hard @ 3:20 or ir:15

1 x 100 Kick @ 2:30 or ir:30

1 x 300 Fr Pull @ 4:20

1 x 200 Hard @ 2:40 or ir: 10

1 x 100 kick @ 2:30

1 x 300 Fr @ 4:20

1 x 150 Hard@ 2:00 or ir:10

1 x 100 Kick @ 2:30

1 x 300 Fr @ 4:20

1 x 100 Hard@ 1:20 or ir:05

1 x 100 Kick

CD

500 Fr with fins (ten strokes per lap and side kick the rest of the lap)

Total yards 3700