

Wed. November 18, 2009

Warm up

500 Swim

200 EZ Kick

1 x 200 side kick with fins ir:30

1 x 200 150 side K 50 swim FR/BK with fins ir:30

1 x 200 100 side K 100 swim FR/BK with fins ir:30

1 x 200 50 side K 150 swim FR/BK with fins ir:30

1 x 200 swim FR/BK with fins ir:30

8 x 50 Fly/Bk @ :50 or ir:15

1 x 200 Br long ir:30

8 x 50 Bk/Br @ :55 or ir:15

1 x 200 Fr long ir:30

8 x 50 Br/Fr @ :50

1 x 200 IM

CD 200 EZ

Total yards 3700