

Friday November 20, 2009

Warm up

300 Swim

X4 {1 x 25 Bk Kick}  
{1 x 50 Drill choice}  
{1 x 75 swim choice}

X2 {1 x 100 Flutter K}  
{1 x 100 75 Flutter K/25 Fast Dolphin K}  
{1 x 100 50 Flutter K/50 Fast Dolphin K}  
{1 x 100 25 Flutter K/75 Fast Dolphin K}  
{1 x 100 Fast Dolphin K}

\*\*\*with fins ir:20

X2 {3 x 100 rest 5 sec after the 3<sup>rd</sup> lap then sprint 25}  
{3 x 100 rest 5 sec after the 2<sup>nd</sup> lap then sprint 50}  
{3 x 100 rest 5 sec after the 1<sup>st</sup> lap then sprint 75}

\*\*\* 1<sup>st</sup> pass all Fr sprint after the rest, take 1:00 after the pass  
2<sup>nd</sup> pass is sprint stroke after the rest

CD 100 EZ

Total yards 3800