

Monday November 23, 2009

Warm up

300 Swim

4 x (100 swim + 25 scull)

4 x 25 6-3-6 drill with fins ir:10

1 x 500 Fr with fins – focus on stroke length ir:30

4 x 25 Heads up FR drill (Tarzan) ir:10

1 x 400 Fr sighting once every 25 – focus on smooth sight without changing flow of stroke

4 x 25 fist drill ir:10

1 x 300 Fr Pull – focus on DPS ir:30

4 x 25 Zipper drill ir:10

1 x 200 Fr – focus on high elbows

4 x 25 Fast Feet FR drill ir:10

1 x 100 FR – focus on fast kick

10 x 50 meet prep @ 1:00

#1 – 5 sprint start and finish

#6-10 sprint in/out of turn

CD 200 EZ

Total yards 3500