

Wed. November 25, 2009

Warm up

500 Swim

4 x 150 25 drill/50 swim

4 x 75 swim @ 1:10 (ir:15)

4 x 25 Sprint kick @ :40 (ir:15)

1 x 100 EZ @ 2:00 (ir:30)

8 x 25 Flat out sprint choice @ :45 (ir:15)

4 x 50 swim @ 1:10 (ir:15)

4 x 50 sprint kick @ 1:10 (ir:15)

1 x 100 EZ @ 2:00 (ir:30)

4 x 50 flat out sprint choice @ 1:20 (ir :30)

4 x 25 swim @ :35 (ir:15)

4 x 75 sprint kick @ 1:50 (ir:15)

1 x 100 EZ (ir:30)

3 x 100 Flat out sprint (ir 1:00)

CD 300 EZ

Total 3500