

Monday November 30, 2009

Warm up

300 Fr

300 every 3rd lap BR

300 every 3rd lap BK

10 x 50 25 one arm FR with paddle/ 25 FR @ 1:00

Odds paddle on r hand

Evens paddle on l hand

{1 x 200 Fr @ 2:50}

{1 x 200 Fr @ 2:40}

X2 {1 x 200 Fr @ 2:30}

{1 x 200 Fr @ 2:40}

{1 x 200 Fr @ 2:50}

***take a minute after the pass

***think about the turkey, potatoes, stuffing and pie as you plow through this

CD 300 EZ

Total yards 3700