

Wed December 2, 2009

Warm up

4 x {100 swim +25 kick}

4 x 100 Fr pull 50 "3"/ 50 "5" ir:15

{1 x 100 KWF EZ}

X4 {1 x 100 KWF Med} ir:20

{1 x 100 KWF FAST}

***alternate each pass flutter and dolphin

16 x 25 fly smooth @ :35

3 x 100 Bk desc 1-3 @ 1:45

12 x 25 Br with nice pull out @ :40

4 x 100 Fr @ 1:35 desc 1-2, 3-4

***25's are easy speed not full on sprint

CD 200 EZ

Total 3600 yards