

Wed. December 9, 2009

Warm up

400 Swim

300 Pull

3 x 100 IM Drill ir:10

{4 x 25 bathtub scull ir:10}

{2 x 50 25 dbl arm bk/25 swim bk}

X2 {4 x 50 BK sprint @ 1:00}

{1 x 100 25 Sprint 75 EZ}

{1 x 100 50 sprint 50 EZ}

X4 {1 x 100 75 Sprint 25 EZ}

{1 x 100 Sprint}

@ 1:45 or ir:20

Each pass sprint is IM order except 4<sup>th</sup> pass which is IM

Can use fins for fly...

CD 200 EZ

Total yards 3600