

Thursday December 10, 2009

Warm up

        {1 x100 swim}  
X2    {1 x 100 Drill}  
        {1 x 100 kick}

4 x 75 ir:10

25 front scull/25 fist BR/ 25 long BR

4 x 600 Fr ir 1:30

200 Fr Pull/200 Fr swim/200 FR with effort

CD 12 x 25 (all four strokes)

Total yards 3600