

December 14, 2009

Warm up

300 swim

2 x 150 75 Drill/75 swim

2 x 150 50 Kick/50 Drill/50 Swim

1 x 450 Fr with fins ir:30

3 x 150 Fr desc 1-3 ir:20

1 x 400 Fr pull ir:30

4 x 100 Fr pull desc 1-4 ir:20

1 x 300 Fr

4 x 75 Fr desc 1-3 ir:20

CD 4 x 100 Back kick (streamline) ir:15

Focus on loose ankles and stretch through streamline

Total yardage 3600