

Wed. December 16, 2009

Warm up

300 swim

4 x 75 25 Wrist drag/25 finger drag/25 swim ir: 15

200 kick – loose ankles

4 x 75 25 SC/25 SC-1/25 SC-2

6 x 125 @ 1:45

1 x 100 EZ

4 x 125 @ 1:40

1 x 100 EZ

2 x 125 @ 1:35

1 x 100 EZ

6 x 100 Br drill

25 front scull/25 1P3K/25 1P2K/25 pull

CD 100 EZ

Total yards 3600