

Thursday December 17, 2009

Warm up

300 Fr

200 BK

200 BR

100 IM Drill

1 x 500 Fr pace ir 1:00

5 x 100 Fr with fins @ 1:20 (ir:10)

1 x 400 Fr pace ir 1:00

4 x 100 Fr pull @ 1:30 (ir :15)

1 x 300 Fr pace ir 1:00

3 x 100 Fr sprint @ 1:30 (ir:15)

CD 20 x 25 ir:15

Odd SC

Even SC-1

Br, Bk or Fr

Total yards 3700