

Friday December 18, 2009

Warm up

300 Swim

300 Pull

100 EZ Kick

3 @ 1:45

3 @ 1:40

3 @ 1:35

3 @ 1:30

3 @ 1:25

3 @ 1:20

3 @ 1:15

3 @ 1:10

3 @ 1:05

3 @ 1:00

***do the most number of yards for each interval. When the interval gets too tight, then drop off a 25.

CD 500 EZ Pull

Total yards depends on