

Monday December 28, 2009

Warm up

X2{200 Swim + 200 Pull}

5 x 100 Side kick with fins – switch sides ½ on each lap ir:15

1 x 400 Fr for time pace

Calculate pace rate per 100

4 x 100 Fr desc 1-4 @ 1:40 (ir:20)

1 x 200 FR pace ir:30

4 x 100 Fr desc 1-4@ 1:40 (ir:20)

1 x 300 FR pace ir 1:00

4 x 100 Fr desc 1-4 @ 1:40 (ir:20)

Rest 2 min

1 x 400 Fr push pace

\*\*\*all the desc should get faster than pace

CD 200 EZ

Total 4000 yards