

Tuesday December 29, 2009

Warm up

X2 {200 Swim + 200 Pull}

10 x 50 25 catch up drill/25 Fr ir:15

	{4 x 100	75 EZ Fr 25 Sprint ir:20}
	{4 x 75	50 EZ Fr 25 Sprint ir:15}
X2	{4 x 50	25 EZ Fr 25 Sprint ir:10}
	{4 x 25	Sprint @ 1:00}

CD 200 EZ

Total yards 3500