

Wednesday December 30, 2009

Warm up

300 Swim

5 x 100 Fr pull 3-5-3-7 breathing pattern ir:15

100 EZ Kick

8 x 75 with fins ir:15

25 R. arm/25 L. arm/25 fast swim

Choice Fly, Bk or Fr

1 x 200 slower than pace @ 2:45 (ir:20)

1 x 200 pace @ 2:55 (ir:30)

1 x 200 faster than pace @ 3:05 (ir:45)

1 x 200 slower than pace

1 x 200 pace

2 x 200 faster than pace

1 x 200 slower than pace

1 x 200 pace

3 x 200 faster than pace

CD 100 EZ

Total yards 4000