

Wednesday March 19 2008

Warmup:

700 mix of strokes & drills & skulling

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4 x 50 (25 power kick + 25 choice), 20  
sec

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Freestyle pacing

200 easy, self-timed,

800 meters, at 200m pace (= 4 x 200  
time).

AND

Power Set ...choice of strokes

4 x 75, 30 sec, full power

2 x 25 easy

4 x 50, 30 sec, full power

2 x 25 easy

= 2500 m