

Mon, April 2, 2007

Warm-up

12 minutes choice

6 x 25 free, count strokes, any rest

6 x 25 choice, count strokes, any rest

1 x 50 free, steady exhale

+++++

3 x 200 descend, 45 sec

600 negative split (10 sec @ 300m)

6 x 100 (25 fly + 75 free), 30 sec

= 2150 m + 12 min

+++++

Extra:

200 pull, count strokes on 1<sup>st</sup> length

400 pull or swim, steady exhale

200 IM

300 kick