

Sat. Jan 20, 2007

Warm-up:

50 free, 50 back, 50 breast, 50 kick

100 free, 100 back, 100 breast, 100 kick

4 x 25 fast, 15 sec, max distance per stroke

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Repeat 4 to 6 times (800 to 1200m)

100 free, easy, rest 45

100 choice, fast, rest 45

=1500 - 1900 m

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Extra: Build a "100 IM":

25 fly, 15 sec,

50 fly-back, 15 sec,

75 fly-back-br, 15 sec

100 fly-bk-br-fr, 60 sec

75 fly-back-br, 15 sec

50 fly-back, 15 sec,

25 fly, 15 sec