2010-01-19 Tuesday

WU 3-1-1 [10m:500yd /

K 8x50 {25 UW hard dolphin+ 25 Chc} 10sR [8m:400 / 18m:900]

4x50 Build. Swm. 10sR [3m:200 / 21m+1:1100]  
1mR

8 X 50 w/Dives.. 1st person goes when last finishes. Chc/or IM Order. (leave 5sec. apart) [7m:400 / 1500:29m+1]  
1mR

3x {300 Swm straight => 100 Pull + 200 Swm ; 25sR [4m]  
150 K + 50 Swm, straight; 20sR [3.5m]  
100 Swm Hard. [1.5m]; 20sR then start next set } [30m:1800 / 60m:3300yd]   
\* everything is strongly paced

50 EZ [1.5m / 61m:3350]

6 x 100 { Chc.. but each set of 3 must be a same stroke. (or IM)  
paced off clock., desc. 1-3, 4-6 . use 15s Interval.. Don’t take more. } [12m:600 / 73m+1:3950]  
1mR

8 x 50 K on 1 min.[8m:400 / 82+1:4350]  
  
sprints from block / or 300 social kick.