2010-01-20 Wed

WU 3-2-1 [12m:600yd ]

K 8x50 {25 UW hard dolphin+ 25 Chc} 10sR [8m:400 / 20m:1000]

4x50 Build. Swm. 10sR [3m:200 / 23m+1:1200]  
1mR

[start 8:55pm]  
starts practice.. 2 each ½ pool [20min:100 / 36m:1300]  
  
6 X 50’s  
set with starts (at least 4 per lane) [5m:300 / 41m:1600]

Turns [20min:100 / 56m:1700]  
  
turn set:   
4 x 75 {extra turn 70’s (3-Turn-75’s) ; 15sR} [9m:450 / 65m:2150]  
1mR  
finished here.

----------  
6x 50 {Desc. 1-3, 4-6 off clock. Use nearest 10sec. for Interval. Chc.} [6m:300 / 72:2450]  
45sR

3x100 {Desc. 1-3, Chc., Pace clock; nearest 15s.} [5m:300 / 78m:2750]

2x200 {1st 100 BP 2-4-6-4+100 reg.} 25sR [ 6m:400 / 84m:3150]

300 Social Kick [6m:300 / 90m:3450]