2010-01-22 Fri.

NOTES:  
Tapering begins Next Fri. after the Clackamas meet.

WU 2-1-1 [8m:400yd ]

K 6x50 {25 hard tombstone + 25 Chc} 10sR [7m:400 / 20m:1000]

2x50 Build. Swm. 10sR [3m:200 / 18m+1:1200]  
1mR

[start 6:19pm]  
2 X { Ladder up, then reverse as Ladder down::  
50 Swm Chc- Build (2nd time thru as sprint); 10sR [1m]  
100 Kick – alt 25 Hard/25 Med [2m]  
200 => 100Pull + 100 Swm ; 25sR [3m]  
300 => Desc. 1-3 Single Stroke (or as 100 IM) use clock, nearest 15s on 1st [6m]  
400 => 2 X 200 Swim, Chc [6m]  
1)1st 200 as Build within each 50 (straight though) ; 25sR  
2) 2nd 200 Hard pace ; 25sR   
500 Fr straight: 1mR [7m]  
} [23X2= 46m]

--- L1 made it to half of the 2n 200 of the 400 coming back.

L2 – Steff made it to 4th BP 100 on way back.

L3 – Ashley made it to 2nd BP 100