2010-02-01 Mon ### tapering ### DAY 2  
WU 3-2-1 [13m:600yd ]

K 12x25{alt . 25 UW hard dolphin / 25 Hard Chc} 20sR [11m:300 / 24m:900]

4x50 Build. Swm. 15sR [3m:200 / 27m+1:1100]  
--1mR--

[start 7:57pm]  
50’s : 2 x { 3x 50’s Desc. 1-3., use nearest 20s. Med Hard, Hard, Harder.} [6m:300 / 34m:1400]  
--1mR--

75’s : 4 x 75’s { Hard. Double finish time as rest. Dist. Strokes.} [8m:300 / 43m:1700]

Started the bungie cord 25 drill.. 2 at a time.  
(didn’t get to: Ashley, Bailey (left early))  
--1mR--  
Kick set in deep well. [6m / 49m]

{ hard.

100’s: {3 x 100 Desc. 1-3. Rest is Double Swim Time.} ~9m [300/2000] ~60min

starts. Race 50’s. 5 x ( r=DTS “Double of Swim Time”)

--Finished here---

--extra 30sR--  
200’s people: 3 x 200 hard., rest as Double finish time. [15m:600 / 76m:2600]  
} [

Social Kick til end [6m: 300 / 3300 ]