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

K 8 x 50 { 25 UW hard dolphin + 25 Hard Chc} 25sR [11m:400 / 24m:1000]

4x50 Build to Sprint last half of 2nd 25. Swm. 15sR [3m:200 / 27m+1:1100]  
--1mR--

[start 8:57pm]  
4 x 50 Hard. Dbl Swim Time Rest. [4m:200 / 31m:1300]

4 x 50 Hard kicks. dstR. [7m:200 / 38m:1500]

{ Go through your individual races as follows:  
Longer event 1st.  
500 people { 2 x 500 Hard. 2 X (50 EZ + 2 mR)} [20m]  
200 people {3x200—Hard. DTR} [15-18m:400 / 45m:1900]  
100 people {5 x 100 Hard. DTR} [13m / ]  
50 people {10 X 50. DTR. Include relay strokes. } [11m]  
}  
repeat above pending on what your 2nd event is.  
[200+100 = 30m / 68m] or [100 +50 = 25m / 63m]  
  
dive well kick.   
20s On, 20 sec. off {  
-> 2 x dolphin, 2 x flutter  
 1st hands streamline, 2nd hands above water  
} [6m / 69-74m]  
  
75’s : 4 x 75’s { Hard. Double finish time as rest. Dist. Strokes.} [8m:300 / 78-83m]  
--1mR--

Sprint 50’s  
starts. Race 50’s. 3 x . dstR. [6m:150 / 83- 89m ]  
  
Social Kick til end [1m-6m: 300 / end ]