2010-02-03 Wed ### tapering Day 4 ###
WU 3-2-1 [13m:600yd ]

K 8 x 50 { 25 burst start + 25 burst finish } 20sR [10m:400 / 23m:1000]

3x50 Build to Sprint last half of 2nd 25. Swm. 20sR [3m:200 / 27m+1:1100]
--1mR--

[start 8:57pm]

8 x 50’s Stroke. Hard. 30sR or Double Swim Time Pace = dstP. [8m:400 / 35m]
--1mR--

8 x 75’s Stroke. Hard. dstP [16m:600 / 50m]
50 EZ

8 x 25 Hard kick. 15sR [5m / 57m]
-- 45sR--

3 x 100. Strk. Hard ; dstP [8m / 60m]

-- turns Max 15min.—[15m / 75m – end 8:45pm]

4 x Start Sprint 50’s from block [5m / 80m]

{ 1 x 200. Hard Free. ; dstP [5m / 85m]
100 Stroke. Hard. ; dstP [3m / 88m]
EZ Social Kick to end
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\*\* Need \*\*
Dustin Harman – 50 Fr and/or 100 Fr option vs 500Fr

JV meet people :
Alea and Maddie 100Fr
Tim Kopps: 50 Fr and maybe 100Fr pending Harman
? Lexie ( ) ; Wyatt ( ) ; Andrey G. ( )
Jonathan ( )