2010-02-10 Wed ### tapering practice Day 9 ###
WU 3-2-1 [13m:600yd ]

K 12 x 15 { 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 7:57pm]

8 x 50’s Stroke. Hard. 30sR or Double Swim Time Rest = DTR. [9m:400 / 35m]

3 x { alt. = 50 Swim dstP. 25 Kick 20sR
--1mR--

2 x { 9 x 25’s Hard. Alt 2 swim, 1 kick. DTR } extra 1mR [19min / 55m]
50 EZ

6 x 50 Hard. Every other one from Dive. dstP [7m / 63m]

200 people.
3 X 100 {25 Hard + 25EZ+ 25 Hard + 25 EZ) your stroke. Hard. DTR [6m]
100 people.
4 x 50 . DTR, alt your stroke / Fr [5m]
50 people
8 x 25. DTR, 2 Str. 1 Fr. Or IM order for IM’ers [5m]
[12m / 75m]

2 x 25 Dive Sprints

25 EZ

Finished 9pm.