**FRIDAY 11-26-2010**

WARM UP **300** CHOICE 300/300

(~ :10) Means set a interval that gives you about :10 seconds rest  
  
SET 1   
**3 X 50** DRILL-SWIM (~ :10 )  
**3 X 50** KICK-SWIM (~ :10 )  
**3 X 50** DESCEND (~ :15 )  
**3 X 50** DESCEND (~ :10 ) 600/900  
  
SET 2   
**4** **X 100** PULL (~ :15 )  
**4 X 100** 25 DRILL - 75 HARD (~ :10 )  
**4 X 100** DESCEND (~ :15 )  
**4** **X 100** MAKE IT (~ :5 ) 1700/2600

**100 EZ**

SET 3   
**3** **X 50** KICK (~ :10)  
**3** **X 50** DESCEND (~ :10 )  
**3** **X 50** MAKE IT (~ :5 ) 450/3050

**200** Alternating between Drill/Swim by 25 200/3250