Sat 8/21/2010

10 min warmup on own

8 x 75 Kick drill swim 1:30/1:40

4 x 50 build :50/1:00

4 x 25 A.O.S. :20/:25/:30

100 E.Z. 30 sec rest.

1 x 50 A.O.S. :40/:45/:55

3 x 25 A.O.S. :20/:25/:30

125 E.Z. 30 sec rest.

2 x 50 A.O.S. :40/:45/:55

2 x 25 A.O.S. :20/:25/:30

150 E.Z. 30 sec rest.

3 x 50 A.O.S. :40/:45/:55

1 x 25 A.O.S. :20/:25/:30

175 E.Z. 30 sec rest.

4 x 50 A.O.S. :40/:45/:55

200 E.Z

**2 x 50 E.Z. 1:00/1:10**

1 x 75 A.O.S. :55/100/1:20

3 x 50 A.O.S. :40/:45/:55

225 E.Z. 30 sec rest

2 x 75 A.O.S. :55/100/1:20

2 x 50 A.O.S. :40/:45/:55

250 E.Z. 30 sec rest

3 x 75 A.O.S. :55/100/1:20

1 x 50 A.O.S. :40/:45/:55

275 E.Z. 30 sec rest

4 x 75 A.O.S. :55/100/1:20

300 E.Z. 30 sec rest

100 E.Z.

3 x 200 on 2:30

200 cooldown