

August 14, 2006

WU-

16 x 50 uh20 fly kick - 3 breaths only - on :55

Set 1-

1 x 200 ez fly with fins

4 x 50 3d/1u on :55

1 x 200 fly with flipturns on :10r

4 x 50 4d/1u on 1:05

1 x 200 fly with flipturns on :10r

6 x 50 5d/1u on 1:15

1 x 200 free with 8 fly kicks on :10r

4 x 50 Max Effort Free on coach

1 x 400 cruise

4x{

1 x 25 uh20 fly kick - NB - on :05r

1 x 50 - 25 uh20 fly kick - 1Breath /25 fly on :10r

1 x 75 - 25 uh20 fly kick - 1Breath/25 fly/25 uh20 fly kick - NB :10r

1 x 100 - 25 uh20 fly kick - 1Breath/25 fly/25 uh20 fly kick - 1Breath/25
fly race - :15r

10 x 15 meter fly race

4,150 Meters