03.09.2012 RF **21200**

MONDAY			
400	WARM UP		400
800	KCK - 4TH HARD	76%	800
800	PULL - BREATHE PER 3	78%	800
400	FR - HARD	**>90%**	400
10x 25	**F&D**	@40s	250
200	FREE	78%	200
400	WARM DOWN		400
			3250

TUESDAY			
500	WARM UP. 4th BCK		500
4x 250	200 PULL BREATHE PER 3 + 50M HARD KICK. HOLD HR. NO R.I.	78%	1000
1500	FR	85%	1500
500	FR	78%	500
400	WARM DOWN		400
			3900

WEDNESDAY			
300	WARM UP		300
	45mins FARTLEK	est	3000
	45MIN CONTINUOUS SWIM AS FOLLOWS:		
200	80% (M)		
200	75% (S)		
100	>90% (H)		
	REPEAT: M, S, H.		
500	WARM DOWN		500
			3800

THURSDAY			
500	WARM UP. 4th BCK		500
1000	FR. ODD LENGTHS BREATHE PER 3. PUSH EVERY 4TH LENGTH.	78%	1000
1200	FR	85%	1200
400	FR	78%	400
400	WARM DOWN		400
			3500

FRIDAY			
400	WARM UP. 4th BCK		400
500	KICK - 4TH HARD	75%	500
800	PULL W FING PADDLES. BREATH PER 3	78%	800
10x 25	**F&D**	@40s	250
1000	FR	78%	1000
400	WARM DOWN		400
			3350

SUNDAY			
500	WARM UP.		500
400	KICK - 4TH HARD	75%	400
300	PULL BREATH PER 3	78%	300
400	FR	75%	400
1000	FR	85%	1000
400	FR	75%	400
	NO R.I. WATCH HRs		
400	WARM DOWN		400
			3400