16.04.2012 RF **24000**

MONDAY

400	WARM UP		400
	60mins FARTLEK	est	4000
	S=200m@<75%, M=200m@80%		
	F=100M@>90%		
500	M, S, H		
500	S, H, M		
500	H, M, S		
300	WARM DOWN		300
			4700

TUESDAY

300	WARM UP - ALT 50M FR/BCK		300
400	KCK - 4TH HARD - FINS	75%	400
500	PULL - 3,4	78%	500
10 X 100	FR @ <1:30	**@1.45**	1000
200	EZ		200
8x 50	FR KCK - FINS. **ALL HARD**	30s R.I.	400
800	FR	< 80%	800
300	WARM DOWN		300
			3900

WEDNESDAY

400	WARM UP		400
	60mins FARTLEK	est	4000
	S=200m@<75%, M=200m@80%		
	F=100M@>90%		
	CYCLE THROUGH THIS ROUTINE:		
200	M - 80-85%		
100	H - >90%		
200	S - 70-75%		
300	WARM DOWN		300
			4700

THURSDAY

400	WARM UP - ALT 100M FR/BCK		400
400	PULL W/ PADDLES	78%	400
400	FR	85%	400
400	KCK - 4TH HARD	75%	400
400	FR	85%	400
	20s R.I. BETWEEN EACH ONLY		
1000	FR	**78%**	1000
500	WARM DOWN		500
			3500

FRIDAY

500	WARM UP		500
10x 100	ALT PULL @ 78%, KCK @ 75%. NO R.I.	75-78%	1000
800	FR.	85%	800
8x 50	ALT FR / FLY. F&D.	30s R.I.	400
1000	FR	< 80%	1000
300	WARM DOWN		300
			4000

SATURDAY

300	WARM UP		300
500	KCK - 4TH HARD	75%	500
500	PULL - 3,4	78%	500
10 X 100	FR @ <1:30	**@1.45**	1000
200	EZ		200
8x 50	FR PULL W/ PADDLES. F&D.	30s R.I.	400
300	WARM DOWN		300
			3200