

**Friday, April 23, 2010**



<b>Set</b>	<b>Multiple</b>	<b>Distance</b>	<b>Description</b>	<b>Interval</b>	<b>Total</b>
#1		500	Swim		
		500	Kick w/ fins		
		500	Pull w/ paddles		
		500	Kick w/ fins		
		500	Pull w/ paddles		
		500	Swim		
					3000