

Monday, April 26, 2010



Set	Multiple	Distance	Description	Interval	Total
#1		500	Swim		
		400	Drills		
		300	Kick		
		200	Pull		
		100	Stroke		
					1500
#2	3x	200	Descend 1-3	20 sec rest	
					2100
#3	3x	200	Dolphin kick on back w/ fins	20 sec rest	
					2700
#4		200	Swim w/ fins and paddles		
					2900
#5		100	Ez, long and smooth strokes		
					3000