

**Friday, April 30, 2010**



<b>Set</b>	<b>Multiple</b>	<b>Distance</b>	<b>Description</b>	<b>Interval</b>	<b>Total</b>
#1		1000	Warm up swim, every 4th length backstroke.		
					1000
#2		200	Swim, descend by 50's		
					1200
#3	5x	100	ALL OUT	5 sec rest	
					1700
#4		350	Kick w/ fins, every 3rd length ALL OUT		
					2050
#5	5x	50	ALL OUT	5 sec rest	
					2300
#6	5x	100	50 pull / 50 drill	20 sec rest	
					2800
#7		200	Ez Swim		
					3000