

Wednesday, August 26, 2009



Set	Multiple	Distance	Description	Interval	Total
#1		200	Drill		
					200
	10	100	50 Kick/50 Pull (moderately fast)	7-10 sec rest	
					1200
#2		100	Breath every 3rd stroke		
		200	Breath every 4th stroke		
		300	Breath every 5th stroke		
		200	Breath every 7th stroke		
		100	Breath every 9th stroke		
					2100
#3		200	Backstroke		
					2300
#4	2	200	Dolphin kick on back w/ fins		
					2700
		300	Drill		
					3000