

Wednesday, April 28, 2010



Set	Multiple	Distance	Description	Interval	Total
#1		200	S.K.I.P.S.		
			(Swim, kick, IM, pull, swim)		1000
#2		100	ALL OUT		
		400	Pull w/ paddles		
		200	ALL OUT		
		300	Kick w/ fins		
		400	ALL OUT		
		100	Backstroke		
					2500
#3		200	Swim w/ fins and paddles		
					2700
#4	6x	50	Drills	15 sec rest	
					3000