

Friday, August 28, 2009



Set	Multiple	Distance	Description	Interval	Total
#1		400	Drill		
		400	Kick w/ fins		
		400	Pull w/ paddles		
		400	Swim w/ fins & paddles		
					1600
#2	4	100	ALL OUT!	30 sec rest	
					2000
#3		500	Swim - long & strong		
					2500