

Friday, September 4, 2009



Set	Multiple	Distance	Description	Interval	Total
#1		300	Swim		
		300	Drill		
		300	Kick		
		300	Pull		
					1200
#2	5	100	IM ALL OUT!	3-7 sec rest	
		200	EZ		
					1900
	5	100	Free ALL OUT!	3-7 sec rest	
		200	EZ		
					2600
#3		400	Drill, perfect stroke		
					3000