

Wednesday, September 9, 2009



Set	Multiple	Distance	Description	Interval	Total
#1		200	Drill		
		200	S.K.I.P.S. (Swim, Kick, IM, Pull, Swim)		
					1200
#2	3	200	Pull w/ paddles, descend 1-3	15-20 sec rest	
	3	200	Pull w/ paddles, descend 1-3	10-15 sec rest	
					2400
#3	2	200	Dolphin kick on back w/ fins (Work your core!)		
					2800
#4		200	EZ		
					3000