

Monday 01/02 - Intervals

X	Reps	Dist.	Set Description	Interval	Total
Warm-up					
1	1	600	Warm-up -- at least 200 not-free.		600
					600
Drill Set					
1	4	100	50 drill, 50 swim.		400
1	4	100	50 swim, 50 kick.		400
					800
Main Set					
2	6	100	1: Cruise +5 2: Cruise <i>(fast lane: extra set at C-5)</i>		1200
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1	1	300	Pull. Focus on feeling you hand pushing against the water!		300
					1500
Breathing/Drill/Warm Down Sets					
1	1	100	Warm down.		100
					100
					Workout Total 3000