

Wednesday 01/04 - 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	6	100	25 Kick left side / 50 drill / 25 kick right side. 1 & 4: catch-up. 2 & 5: hand position and finish of stroke. 3 & 6: strong pull.		600
					600
Main Set					
1	3	100	Swim, cruise.		300
1	1	50	Recovery.		50
1	6	50	Swim, cruise -5.		300
1	1	50	Recovery.		50
1	12	25	100%+, take :15 between each 25.		300
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1	1	400	Pull @ 80%+, focus on good mechanics. -- no breathing in/out of the turns. -- long glide off the wall. -- strong pull throughout stroke. <i>"slow is smooth, smooth is fast."</i>		400
					1400
Warm Down Sets					
1	1	100	Backstroke.		100
1	5	50	Social kick, not all flutter.		250
1	1	50	Swim		50
					400
Workout Total					3000