

Monday 01/09 - 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	3	100	1x 100 Kick, 1x 100 Drill, 1x 100 Swim.	<i>build each 100/</i>	300
1	3	75	1x 75 Kick, 1x 75 Drill, 1x 75 Swim.	<i>75/ 50/ 25!</i>	225
1	3	50	1x 50 Kick, 1x 50 Drill, 1x 50 Swim.		150
1	3	25	1x 25 Kick, 1x 25 Drill, 1x 25 Swim.		75
					750
Main Set					
1	1	300	Pull. DPS.		300
1	2	200	IM, moderate pace.		400
1	3	100	Cruise - 5.		300
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1	16	50	Groups of 4: 1) IM order at 85%. 2) Free at 85%. 3) IM order at 100%. 4) Free at 100%.	:15 :15 :20 :20	800
					1800
Warm Down Sets					
1	1	150	Swim		150
					150
					Workout Total 3300