

Wednesday 01/11 - Intervals					
X	Reps	Dist.	Set Description	Interval	Total
Warm-up					
1	1	500	Warm-up.		500
					500
Drill Set					
1	3	100	Swim, build the kick finish with at least 8 kps.		300
1	3	100	Swim, max distance per stroke.		300
1	3	100	25 kick left side / 50 drill / 25 kick right side.		300
					900
Main Set					
2	4	125	Swim at 85%, last 25 stoke at 100%. Focus on the finish.		1000
2	4	75	Stoke at 85%, last 25 free at 100%.		600
2	4	25	Odds: stroke. Even: Free. 110%	:20	200
					1800
Warm Down Sets					
1	1	100	Swim for 3,300 yd workout.		
1	or 1	300	Pull, ascend by 100 for 3,500 yd workout.		
					0
Workout Total					