

Wednesday 01/18 - Intervals					
X	Reps	Dist.	Set Description	Interval	Total
Warm-up					
1	1	600	Warm-up.		600
					600
Drill Set					
1	12	50	1: free - kick/drill 2: free - drill/ swim 3-4: pattern as 1/2, backstroke. 5-6: pattern as 1/2, breaststroke.	7-8: pattern as 1/2, fly. 9: fly / back by 25. 10: back / breast by 25. 11: breast / free by 25. 12: free / fly by 25.	600
					600
Main Set					
1	3	200	100 IM / 100 Free, descend the 100s 1->3. 30sec rest after #3.		600
1	3	150	100 IM / 50 Free, descend the 50s 1-3. 30sec rest after #3.		450
1	3	100	IM. All good effort!		300
--	--	--			
1	2	300	as 75 swim, 25 kick, 50 swim, 50 kick, 25 swim, 75 kick. 1: free. 2: non-free.		600
					1950
Warm Down Sets					
1	1	100			100
					100
Workout Total					3250