

Monday 01/23 - Intervals					
X	Reps	Dist.	Set Description	Interval	Total
<b>Warm-up</b>					
1	1	600	Warm-up.		600
					<b>600</b>
<b>Drill Set</b>					
4	4	25	1: Kick. 2: Drill. 3: Swim. 4: Under.		400
					<b>400</b>
<b>Main Set</b>					
1	1	300	Pull. Build turnover rate but don't short the pull.		300
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3	6	100	Moderate == C+5 / Faster == C + 5 / Fast == C-5. R1: 1, 2, 3 moderate, 4, 5 faster, 6 fast. R2: 1, 2 moderate, 3, 4 faster, 5, 6 fast. R3: 1 moderate, 2, 3 faster, 4, 5, 6 fast.		1800
					<b>2100</b>
<b>Warm Down Sets</b>					
1	4	50	Kick w/ board, each 50 gets easier.		200
1	1	100	Swim.		100
					<b>300</b>
<b>Workout Total</b>					<b>3400</b>