

Wednesday 01/25 - 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>					
1	8	75	1-4: 25 scull / 50 distance per stroke. 5-8: 25 rhythm / 50 distance per stroke.		600
					<b>600</b>
<b>Main Set</b>					
1	8	25	Odds: Easy, rest :10. Even: Fast, rest :15.		200
1	8	25	Kick, same pattern as above.		200
1	8	50	Stroke, reverse IM order.		400
1	8	150	Odds: Swim Evens: Broken at 75 for :10, negative split.	Cruise + 15.	1200
					<b>2000</b>
<b>Warm Down Sets</b>					
1	1	100	Swim.		100
					<b>100</b>
<b>Workout Total</b>					<b>3300</b>