

Wednesday 02/015 - Testing					
X	Reps	Dist.	Set Description	Interval	Total
Warm-up					
1	1	400	Warm-up.		400
1	1	300	Pull.		300
1	1	200	Kick		200
1	4	25	FAST	:15	100
					1000
Drill Set					
1	8	75	Evens: swim 2-count/ 4-count/ 8-count kick per stroke. Odds: drill.		600
					600
Main Set					
1	6	150	Swim as 100 cruise, 50 build. Finish at 100%.		900
1	3	50	Build + bilateral breathing.		150
1	4	150	Stroke. IM order by 25.		600
1	3	50	Pull. 1: Breath every 4 strokes. 2: every 5 strokes. 3: every 6.		150
					1800
Warm Down Sets					
1	1	100	Warm down. Last 25 backstroke.		100
					100
					Workout Total 3500