

1

REPS	DISTANCE	INTERVAL	DESCRIPTION	TOTAL
2	300		6:00 p/k/s	600
16	25	:30	b/b/f/e	400
4	200		3:00 broken 200s by 100	800
			1,3 free	0
			2,4 free/stroke or IM	0
8	50		1:10 kick/swim IM order	400
8	50		1:10 under overs - fly kick off both walls	400
4	50		cool down	200
				0
				0
				0
				0
				0
				0
			TOTAL	2800

1

REPS	DISTANCE	INTERVAL	DESCRIPTION	TOTAL
2	300		6:00 p/k/s	600
16	25	:30	b/b/f/e	400
4	200		3:00 broken 200s by 100	800
			1,3 free	0
			2,4 free/stroke or IM	0
8	50		1:10 kick/swim IM order	400
8	50		1:10 under overs - fly kick off both walls	400
				0
				0
				0
				0
				0
				0
				0
			TOTAL	2600

DATE

GROUP

1

REPS	DISTANCE	INTERVAL	DESCRIPTION	TOTAL
3	150		p/k/s	450
				0
5	25		stream line klick	125
5	50		12.5 left/12.5 rt/25 swim	250
5	75		free	375
				0
12	50		swim	600
				0
				0
				0
				0
				0
			TOTAL	0

1800

DATE

GROUP

1

REPS	DISTANCE	INTERVAL	DESCRIPTION	TOTAL
10	50	1:15	5 shark finn/free	500
			5 drive drill/free	0
				0
15	50	1:00	medium focus on technique	750
			build/blast	0
			fast	0
				0
1	300	6:00	kick/swim	300
				0
20	25		odd fly even free	500
				0
1	100		ez	100
				0
				0
				0
				0
TOTAL				2150