

4.11.08

3400 yds.

warmup

200 kick

200 pull

100 swim

\*stretch\*

500 swim

(=1000)

set 1

4 x 100 swim on an interval

(=400)

set 2

100 kick

2 x 200 IM (25 drill/25 swim)

200 free drill (your choice)

(=1000)

set 3

200 breast

200 back

300 choice

200 IM (you may do kick/swim or all swim)

(=900)

warmdown

100 swim

(=100)

4.11.08

2800 yrds.

warmup

200 kick

200 pull

100 swim

\*stretch\*

400 swim

(=900)

set 1

4 x 100 swim on an interval

(=400)

set 2

100 kick

2 x 100 IM

100 free drill (your choice)

(=600)

set 3

200 breast

200 back

200 choice

200 IM (you may do kick/swim or all swim)

(=800)

warmdown

100 swim

(=100)

4.11.08

2400 yds.

warmup

200 kick

200 pull

100 swim

\*stretch\*

300 swim

(=800)

set 1

3 x 100 swim on an interval

(=300)

set 2

50 kick

2 x 100 IM

100 free drill (your choice)

(=500)

set 3

200 breast

200 back

200 choice

100 IM

(=700)

warmdown

100 swim

(=100)

4.11.08

1800 yds.

warmup

200 kick

200 pull

\*stretch\*

300 swim

(=700)

set 1

3 x 100 swim on an interval

(=300)

set 2

50 kick

2 x 100 IM

50 free drill (your choice)

(=400)

set 3

100 breast

100 back

100 choice

100 IM

(=400)

warmdown

100 swim

(=100)