

Salem Swim WORKOUT 1
Christmas Break
1 ½ hours

300 warm up	300
100 choice kick	400
8 X 75 free/choice @ 1:30	1000
100 choice kick	1100
6 X 100 IM @2:00	1700
100 choice kick	1800
4 X 125 free/choice @ 2:30	2300
100 choice kick	2400
2 X 150 free @ 3:00	2700
100 choice kick	2800
25 sprint/25 easy (X 2)	2900
100 cool down	3000