

Salem Swim WORKOUT 2
Christmas Break
1 ½ hours

300 warm up	300
KPS choice	
100 kick	
200 pull	
300 swim	600
10 X 50 free	
alternating @ :45 and 1:00	1100
3 X 200 IM @ 4:00	1700
4 X 50 free/choice	
25 sprint, 25 easy	1900
KPS free	
100 kick	
200 pull	
300 swim	2500
4 X 100 @ 2:00	
50 easy, 50 sprint	2900
100 cool down	3000