

Salem Swim WORKOUT 3
Christmas Break
1 ½ hours

300 warm up	300
8 X 50 free/choice 25 sprint, 25 easy	700
25 crunches 25 pool-side push-ups	
8 X 75 free/choice @ 1:30	1300
200 kick	1500
6 X 100 @ 2:00 50 easy, 50 sprint	2100
25 crunches 25 pool-side push-ups	
10 X 50 free alternating @ :45 and 1:00	2600
200 kick	2800
4 X 50 free/choice 25 sprint, 25 easy	3000
100 cool down	3100