

Salem Swim WORKOUT 4
Christmas Break
1 ½ hours

300 warm up	300
100 IM @ 2:00	
75 fly-free-fly @ 1:30	
75 back @ 1:30	
75 free @ 1:30	
75 choice @ 1:30	700
10 X 50 free alternating @ :45 and 1:00	1200
6 X 100 free 25 sprint (10 sec. rest) 50 easy 25 sprint (15 sec. rest)	1800
50 free @ 1:00	
50 choice @ 1:00	
100 free @ 2:00	
100 IM @ 2:00	
200 free @ 4:00	
100 IM @ 2:00	
100 free @ 2:00	
50 choice @ 1:00	
50 free @ 1:00	2600
4 X 50 breath set 25 sprint (no breath until T) flip turn 25 sprint (breathing every 3 strokes)	2800
200 cool down	3000