

Salem Swim WORKOUT 5
Christmas Break
1 ½ hours

300 warm-up	300
4 X 100 kick free/choice alternating	700
100 IM @ 2:00 150 free @ 3:00 200 IM @4:00 250 free @ 5:00	1400
400 free @ 10:00	1800
250 free @ 5:00 200 IM @ 4:00 150 free @ 3:00 100 IM @ 2:00	2500
10 X 25 sprint from dive free/choice alternating	2750
250 cool down	3000