

Salem Swim WORKOUT 6
Christmas Break
1 ½ hours

300 warm-up	300
5 X 100 free @ 2:00 sprint first and last 25	800
2 X 250 free @ 5:00 sprint first and last 25	1300
500 free @ 10:00	1800
2 X 250 free @ 5:00 sprint first and last 25	2300
5 X 100 free @ 2:00 sprint first and last 25	2800
200 cool down	3000