

Workout #7965 - Monday, 02 November 2009
Morning & Evening Swim
2 minutes rest between sets

Yards	Time	Set Description	PACE
500	5:45 AM	1 x 500 on 10:00 Free	2:00
3,500	5:57 AM	1x{4 x 125 on 2:30 50 K, 75 Choice	2:00
		{4 x 250 on 5:00 50 K, 100 IM, 100 Free	2:00
		{4 x 500 on 10:00 Free Desc(9:00) (8:00) (7:00)	2:00
450	7:09 AM	3 x 150 on 3:00 Pull br 7,5,3 (2:45) (2:30) (2:15)	2:00
	7:18 AM	4,450 Yards	