

**Workout #7926 - Wednesday, 19 August 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
2,400	5:57 AM	1x{6 x 75 on 1:30 50 K, 25 CU w/board {5 x 150 on 2:30 50 Fr, 50 Bk, 50 Fr {4 x 300 on 5:00 Pull br ea 5 (4:30) (4:00)	2:00 1:40 1:40
1,400	6:41 AM	2x{1 x 400 on 7:00 Choice Strong (6:00) (5:00) {4 x 75 on 1:30 50 Sprint, 25 ez(1:20) (1:10)	1:45 2:00
	7:07 AM	4,300 Yards	