

			<b>BASE</b>	<b>TIME</b>	<b>DIST</b>	<b>Min Running Time</b>
Stretch						0 - 10
Warm Up	400 Free / 400 Stroke				800	15 - 30
Kick	With Bouy & Fins			27	1200	33 - 60
	4 x { 2 x 100 Flutter Kick 2 x 50 Fly Kick while underwater - Streamline, No bouy		1:45 1:00			1 hr
Main	3 x { 1 x 400 Pulling Backstroke 3 x 150's Rotating Other Strokes 50 Kick on Back 50 Rt Arm Down / Left Arm back 50 Whole Swim	straight - 20 sec rest 20 Sec Rest after each 150		45	2550	65 - 110 1 hr 50 min
	Example This 3 times through 400 Pull BACK 1 x 150 Fly 1 x 150 BR 1 x 150 FR					
Post	10 x 75's Choice Stroke - No Free 5 Pull Outs after each 75 Hold Pace		1:20	15	750	115 - 130 2 hr 15 min
Sprints	If need more, 50 from a dive sprint down easy back					
					5300	

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