Website Workout #2

Warm Up (1000):

    1x 400 smooth 6:00/6:30/7:00

    1x 300 50 smooth/50 build 4:30/4:45/5:00

    1x 200 IM Kick/Swim 3:30/4:00

    1x 100 IM 2:00

Main (1600):

2x

    3x 200 desc. 1-3 2:40/3:00

    1x 125 build 1:45

    1x 75 FAST 1:45