

Workout of the Month : Long Distance

By Steven Shotts

Below is Steve's favorite long workout. Perhaps some of our LD swimmers would like to try it or part of it.

2 x 1000 Free @ 15:00

4 x 500 Free @ 7:30

5 x 400 Free @ 6:00

10 x 200 Free @ 3:00

20 x 100 Free @ 1:30