DISTANCE WORKOUT:

Warm-up:
1000 yd. warm up
Including drills and kick

Kick Set**:**
8x100 kick free every 2:00
Odds-easy
Even-fast

Pre-Set:
10x100 free
Odds-drills technique every 1:50
Even-swim technique

Main Set:
4x100 free on time every 2:00
Pace of 400 all out

Drill Set:
8x25 every :30
12.5 kick all out and 12.5 swim all out

Warm Down:
300 easy technique

Total yds: 3,700 yds

SPRINT WORKOUT:

Warm-up:
200 swim x kick x pull continous

Pre-Set:
4 x (3x50) 15 seconds between 50s, 1 min between set
Start out moderate, increase so
Last 4 are sprint

Main Set:
15 x 50 total sprint 3 min
All out, plenty of rest!

Pull Set:
4 x 200 15 seconds rest
Make first 150 moderate
Last 50 strong.

Warm Down:
200 mix backstroke and freestyle

Total yds: 2,550 yds