DISTANCE WORKOUT:

Warm-up:
300 yd. Choice Warm up
300 yd. Stroke

Set:
4x400 R: 1”
Descending – last one is 100%

Kick Set**:**
4x100 Dolphin Kick Int. 2’30”

Set:
10x50 Best Average Int. 55”

Cool Down:
200 Easy Technique

Total yds: 3,300 yds

SPRINT WORKOUT:

Warm-up:
300 yd. free
3x100 yd. IM R:20”

Pulling:
400 Good Technique
4x50 Progressive R:20”
400 Hyp. 3-5/50
4x50 Descending R:20”

Kicking:
10 x 50 Int. 1’15”
25 Easy – 25 Max

Set:
2x[200 Progressive Int.3’30”
4x50 Max Int. 2’]

Cool Down:
200 easy

Total yds: 3,300 yds