



December Distance Workout

Warm-up:

1x300 choice

1x300 stroke

Set:

12x75 80% Int. 1'20"

12x50 Fast Int. 45"

Kicking:

6x100 Int. 2'15"

50 stroke – 50 freestyle

Set:

1,200 Best Time

Cool Down:

200 easy

Total: 4,100 yds

December Sprint Workout

Warm-up:

300 free

300 choice

Pulling:

600 progressive Rest 1'

6x100 Stroke Int. 2'

12x50 Pace Int. 1'10"

Set:

2x[200 Stroke Rest :30"]

8x25 Stroke Int. 45"

200 Free Rest :30"

8x25 Free Fast Int. :45"]

Cool Down:

200 easy

Total: 4,200 yds