



April Distance Workout

Warm-up:

400 stroke

400 free

Pulling:

8x100 w/paddles R:20"

12x50 stroke Int. 1'

Kicking:

300

6x50 Int. 1'15"

Main Set:

400 Negative Split, R:1'

8x25 sprint Int. 45"

Cool Down:

200 easy

Total: 3,600 yds

April Sprint Workout

Warm-up:

400 Free

4x100 R:20"

Pulling:

800

Set:

5x200 Descending 1to4 R:1'

Kicking:

10x50 Int. 1'10"

25 Easy – 25 Fast

Set:

5 x [

100 75%

2x50 Max Int. 1'30"

]

Cool Down:

200 easy

Total: 4,300 yds