



February Distance Workout

Warm-up:

300 choice

300 free

Kicking:

400 choice

8x50 (25 easy – 15 fast) Int. 1:10

Pulling:

12x100 free, Int. 1:30

Descending 1 to 4

Main Set:

5x300 free, best average R:1'

Cool Down:

200 easy

Total: 4,300 yds

February Sprint Workout

Warm-up:

300 choice

300 stroke

Kicking:

500 choice

20x25 fast kick, Int. 55"

Pulling:

8x100 progressive, Int. 2:15

Set:

8x100, rest :30"

16x50 choice fast, Int. 1:20

Cool Down:

200 easy

Total: 4,200 yds