



March Distance Workout

Warm-up:

400 choice

400 free

Pulling:

4x200 w/paddles Int. 3'

Descending 1 to 4

Kicking:

8x100 Progressive, Int. 2:15

Main Set:

800 Negative Split, R:1'

3x400 Over 75%, R:1'

Cool Down:

200 easy

Total: 4,600 yds

March Sprint Workout

Warm-up:

300 Free

3x100 R:20"

Set:

4 x [

4x50, Int. 55"

8x25, Max Int. 45"

]

Kicking:

400 choice

400 (50 Easy – 50 Fast)

400 (25 Easy – 25 Fast)

Set:

2x200 Max Speed, R: 5'

Cool Down:

200 easy

Total: 4,000 yds