



November Endurance Strength Workout

Warm-up:

300 Free
3x100 RI:20"

Kick and Pull Set:

8x150 RI:30" 50 kick+100 pull
Even kick=fast, pull=easy
Odd kick=easy, pull=fast

Main Set:

400 Progressively Faster RI:1'
2x200 on 3'30"
4x100 Fast on 1'30"

Cool Down:

200 easy

Total: 3,200 yds.

November Sprint Workout

Warm-up:

300 Easy
300 Free

Main Set:

4x100 Int: 2'
8x50 Int. 1'50"
4x100 75% 1'45"
8x50 Sprint Int. 1'10"
4x100 Int. 2'
8x50 Int. 1'10"

Cool down:

200 easy

Total: 3,200 yds