Website Workout #3

Warm Up (1200 yards):

     1x 400

     4x 100 desc. 1-4 1:20/30/40

     4x 50 fast/ez 1:00

Main (1400 yards) :

     1x 250 Neg/Split

     2x 100 1:10/1:15/20/30/40

     3x 75 Desc. 1-3 1:15/25

     3x 25 FAST :30

     1x 200 Neg/Split 2:40/3:00/3:20

     2x 125 1:40/50/2:00

     2x 75 desc. 1-3 1:15/25

     2x 25 FAST :30