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