August 21-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

250 3:45

4 x 50 kick :50 (round 1)

3 x 50 drill 1:00 (round 2)

2 x 50 25 fast/25 easy (round 3)

1 x 50 25 no breaths/25 easy (round 4)

4x

Kick

400 6:40/7:20

2 x 25 all out kick :30

2 x 200 3:20/3:40

4 x 25 all out kick :30

4 x 100 1:40/1:50

6 x 25 all out kick :30

6 x 200

Group 1-Alternate 2:30/2:10 Group 2-Alternate 2:40/2:20

Group 3-Alternate 2:45/2:25 Group 4-Alternate 2:50/2:30

Group 5-Alternate 3:00/2:40

16 x 50 1:30

Start with jump turn

Odds-15 meters high tempo/Evens-25 all out-dps

3 x 200 50 dps/50 catch up/50 dps/50 6-3-6 3:20