August 11-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

300 4:30

2 x 100 3x

100’s

Round 1-kick 1:40/1:50

Round 2-IM 1:40/1:50

Round 3-25 high tempo/25 dps/50 drill

3 x 500 :30 rest

1-300 kick/200 pull

2-300 pull/200 kick

3-300 kick (broken :10 rest)-push/200 easy swim

40 x 100

5 x drill 2:00

5 x 75 dps/25 build to 80% 1:30

30 x make cycle

Group 1-1:05

Group 2-Alternate 1:05/1:10

Group 3-1:10

Group 4-Alternate 1:10/1:15

Group 5-1:15

Group 6-1:20

Group 7-Alternate 1:20/1:25