August 13-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

400 swim 6:00

400 kick 6:40

400 swim 6:00

400 50 drill/50 swim

3 x 100 1:40

4 x 50 drill 1:00

4 x 25 variable sprint :30 3x

50 fly build :50

25 back high tempo :30

50 back build :50

25 breaststroke high tempo :30

50 breaststroke build :50

25 free high tempo :30

100 free dps 1:40

4 x 25 all out IMO :30 4x

600 pull

8-1 (dps)/1-1 (3 all out cycles)

:15 rest

200 warm down