August 14-All workouts are written for short course yards. Add :10 per 100 for meters.

200 free 3:00

200 last 50 backstroke 3:10

200 last 50 kick 3:10

200 last 50 3 all out cycles off both walls 3:10

2x

6 x 25 3 x :30/2 x :25/1 x :20 or 3 x :30/3 x :25 IMO by round

100 free 1:20/1:30

4 x 25 IMO all out :30

4x

200-100 kick/100 drill 3:15

25-15 meters tempo/dps :45

6x

12 x 100

100 broken swim 2:30

100 broken kick

100 easy swim

(100 broken kick and broken swim on 5:00)

All choice

200 warm down