August 15-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

400 6:00

300 backstroke 5:00

200 IM 3:20

100 free 1:30

5 x 50 drill 1:00

5 x 50 IM descend 1-5 :50

15 x 100 1:50

1-3 all out cycles off walls 1 and 3

2-25 build to all out/75 dps

3-15 meters high tempo/75 dps

4-25 all out/75 dps

5-25 underwater/75 dps

Kick-:10 rest

8-1 (moderate)/1-1 (high tempo)

:30 rest

500 pull

20 x 50

Group 1-Odds :30/Evens :50

Group 2-Odds-:35/Evens :50