August 18 All workouts are written for short course yards. Add :10 per 100 if swimming meters.

400 6:00

2 x 75 backstroke 1:15

2 x 50 breaststroke :50/:55

2 x 25 fly :25/:30 2x

300 swim-25 high tempo-250 dps-:10 rest 25 high tempo 5:30

2 x 200 kick 25 high tempo-150 moderate :10 rest 25 high tempo 4:00

100 25 no breaths/75 drill 2:00

3x

4 x 400

Odds-paddles/pullbuoy-dps 6:00

Evens-paddles only 100 swim/100 kick on side (flutter)

8 x 75 choice 1:30

50 build to 80%

:10 rest

25 (15 meters high tempo)

200 warm down