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

6 x 250

Odds-free 3:45

Evens-150 backstroke/100 IM 4:00

4 x 50 kick :50/:55 (descend 1-4)

4 x 50 swim :50 (descend 1-4 200 pace)

4 x 50 drill 1:00

600 pull

10 x 100 swim

5 x 100 kick

“Best Average”

:10 rest

2 heats

Warm down set