August 19-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

400 6:00

100 IM 1:40/1:50

300 4:30

4 x 50 IMO :50/:55

200 3:00

12 x 25 IMO :25/:30

100 kick (Make cycle)-1:15/1:20/1:25/1:30/1:40/1:50

25 tombstone kick 1:00

100 kick 1:40/1:50

4 x 25 15 meters underwater fly kick :40

4x

Fins/Paddles

2 x 25 high tempo :40

200 dps 3:20 5x

50 build (80%) :50

50 @ 200 pace

25 easy 2:30 (each round on 2:30)

12x

200 warm down