August 1-Workout is written for short course yards. Add :10 per 100 if swimming meters.

400 6:00

6 x 100 Odds-kick 1st 25 fast 1:50

 Evens-25 high tempo swim/25 dps-50 drill 1:40

10 x 50 :50 choice 1st 25 at 200 tempo

5 x 200 17:00

Off the block-for time

1-free

2-IM

3-Backstroke

4-Breaststroke

5-Fly

200 warm down