August 20-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

400 free 6:00

300 backstroke 5:00

300 free 4:30

200 backstroke 3:20

200 free 3:00

100 back 1:40

4 x 25 variable spring :30

20 x 25 1:00

Alternate

4x-kick-15 meters underwater with board-sprint kick to wall

4 x swim all out

300 pull 5:00

200 kick 4:00

3x

16 x 50 2:00

1st 25 gut buster

:10 rest

2nd 25 all out swim

200 warm down