August 22 All workouts are written for short course yards. Add :10 per 100 if swimming meters.

200 3:00

100 IM 1:40

100 kick 1:50

100 25 high tempo/25 dps/50 drill 1:50

3x

25 Gut buster :40

50 build to 80% :50

25 15 meters high tempo :40

8x

28 x 50

4 x dps

1 x 50 +01 200 goal pace

3 x dps

1 x 50 +01 200 goal pace

2 x dps

1 x 50 +01 200 goal pace

1 x dps

1 x 50 +01 200 goal pace

2x Choice/:50

8 x 37.5 all out/OTB/3:00

200 warm down