August 24-all workouts are written for short course yards. Add :10 per 100 if swimming meters.

3 x 500

1-free

2-IM 250 free/250 IM (100 free-75 back-50 breaststroke-25 fly)

3-100 swim/100 kick

Kick

400 7:20

300 5:30

200 3:40

100 1:50 \*1st and last 25 all out kick

1:00

3 x 200 pull 3:00

5 x 250 4:30

25 no breaths

200 dps

:10

25 build to 80%

Choice

25 all out

75 dps (2:00 for combined 100)

25 all out (mid pool turn)

100 dps (3:00 for combined 125)

6x