August 25-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

300 free 4:30

200 100 kick-100 drill 3:40 3x

1:00

4 x 25 variable sprint :30

5 x 250 4:30

1-alternate 50 drill/50 swim (CHOICE)

2-perfect technique (CHOICE)

3-alternate 50 build 80%/50 perfect technique (CHOICE)

4-negative split (freestyle)

1:00

Broken 100 (1:30)-75 (1:15)-50 (1:00)-25 (FREESTYLE)

200 easy

12 x 50

2 x 50 kick :50/:55

1 x 50 kick 25 fast/25 moderate 1:00 4x

1:00

400 pull

100 free 1:15/1:20/1:25/1:30 hold :10 rest

2 x 50 25 non free specialty (hold 200 tempo)/25 dps :55

4x

200 warm down