August 26-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

6 x 200 3:00

300 Kick 1st and last 25 fast kick

1:00

4 x 25 variable sprint :30

400-Alternate drill/swim 7:00

300-Perfect technique 5:00

200-1st and 5th 25 build to 80% 4:00

1:00

100 broken 50-25-25

ALL CHOICE

200 easy

Kick

5 x 100 2:00

1st 25 fast kick

2 x 12.5 high tempo (:10 rest)

75 dps 2:30

6x

3 x 25 Off the block 3:00

200 warm down