August 3-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

6 x 250

1-Free 3:45

2-Backstroke 4:00

3-IM 100 free/75 back/50 breaststroke/25 fly 4:00

20 x 50 kick

5 x all out 1:00/1 x easy 1:15

4 x all out 1:00/1 x easy 1:15

3 x all out 1:00/1 x easy 1:15

2 x all out 1:00/1 x easy 1:15

1 x all out 1:00/1 x easy 1:15

1:00

20 x 25 swim

Follow same format as above

All out -:30/Easy :45

3 x 500 :30 rest/switch equipment

1-paddles and fins

2-paddles and pullbuoy

3-paddles only

12 x 50 all out 1:30

Jump turn-25 all out/25 easy

200 warm down