August 4-All workouts are written for short course yards. Add :10 per 100 for meters.

400 6:00

100 IM 1:40

300 4:30

200 backstroke 3:20

200 3:00

300 kick

4 x 25 15 meters underwater fly kick :40

100 kick 1:15/1:20/1:25/1:30/1:45

50 SWIM 25 all out/25 dps 1:10

8x

6 x 200 3:30

25 EVF rotation/75 freestyle

75 backstroke/25 EVF rotation (back)

1:00

6 x 200 make cycle

2:10/2:15/2:20/2:30/2:40/2:45

200 warm down