August 5-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

300 4:30

3 x 50 free :45

3 x 50 IMO :50/:55

3 x 50 kick :50/:55 2x

Paddles and pullbuoy

1 x 400 5:20/5:40/6:00

2 x 300 4:00/4:15/4:30

3 x 200 2:40/2:50/3:00

75 IM 1:00/1:05/1:10/1:15/1:20

100 free 1:00/1:05/1:10/1:15/1:20

75-50 flutter kick/25 dps 1:40

8x

12 x 100 kick

3 x 1:40/1:50

3 x 25 plow/75 kick 2:00/2:10

2 x 1:40/1:50

2 x broken 50-25-25 2:30

1 x 1:40/1:50

1 x all out

200 warm down