August 6-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

300 4:30

200 3:00

100 1:30

4 x 50 1:00 Odds-drill Evens-25 high tempo/25 dps

2x

2 x 25 gut busters :40

1 x 50 tombstone kick 1:20

2 x 25 gut busters :40

1 x 50 plow kick 1:20

2 x 25 gut busters :40

1 x 50 25 underwater kick/board-25 moderate 1:00

200 kick 3:40 3x

Non free specialty (2 rounds)/choice (2 rounds)

4 x 25 :25

150 50 drill/50 swim/50 drill 2:40 4x

Non free Specialty (Rounds 1-2)/Round 3 (choice)

200 broken 100-50-50 4:30

100 broken 50-25-25 2:30

50 all out 1:00

200 easy 5:00 3x