August 7-All workouts written for short course yards. Add :10 per 100 if swimming meters.

400 6:00

3 x 100 50 kick/50 drill 1:50

300 4:30

8 x 25 IMO :25

200 3:00

2 x 50-25 no breaths-25 dps 1:00

4 x 25 all out/Off the block 2:00

10:00 swim-175 swim/75 drill (choice)

10:00 kick-200 choice kick/50 streamline fly kick on back

3 x 25 all out/Off the block 2:00

10 x 100 Odds-kick 1:50

 Evens-drill 1:50

2 x 25 all out/Off the block 2:00

5 x 150 Paddles-pullbuoy

100 pull-50 scull 2:45

1 x 25 all out/off the block

200 warm down