August 8-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

125 2:00

75 8x

75’s-Round 1 and 5-Fly-back-brst 1:15

 -Rounds 2 and 6-Back-brst-free 1:15

 -Rounds 3 and 7 drill 1:30

 -Rounds 4 and 8 3 all out cycles off 1st and 3rd wall 1:30

6 x 300 paddles only

Odds-free 4:30

Evens-75 free/75 flutter kick/75 backstroke/75 flutter kick on back 5:00

200 free 3:00

25 all out :30

200 free 3:00

50 all out 1:00

200 free 3:00

75 all out 1:30

200 free 3:00

100 all out 2:00

200 free 3:00

200 all out kick

200 easy (200 all out kick/200 easy combined 8:00)

2x