July 28

Workout is written for short course yards. Add :10 per 100 if swimming meters.

4 x 50 free :45

3 x 50 IMO :50

2 x 50 Kick :50

1 x 50 drill 1:00 2x

After round 3-

500 25 high tempo/450 alternate 50 drill-50 swim :10 break 25 high tempo

24 x 25

Alternate 4 x gut busters :40

1 x plow kick-tombstone kick-underwater with board-all out kick :50

Kick

75

100 8x

75 and 100 on same send off-1:15/1:20/1:25/1:30 (choose send off)

4 x 25 fly swim :25

100 6 underwater fly kicks-3 stroke cycles fly-easy free 1:30 8x

Broken 200 kick for time (:10 rest at 50’s)

200 warm down