July 28-all workouts are written for short course yards. Add :10 per 100 if swimming meters.

15 x 100

1 x free 1:30/back 1:40/free 1:30/IM 1:40/Kick 1:40 3x

24 x 50 Paddles only

4 x kick :50

4 x swim :50

4 x streamline kick on back 1:00

4 x swim :50

4 x 25 swan kick/25 swim 1:00

4 x swim :50

200 free make cycle 2:10-2:20-2:30-2:40-2:50

1 x 50 hold +:01 off 200 pace 1:00/50 easy 2:00

200 free make cycle (same as above)

2 x 25 hold 200 tempo :30/50 easy 2:00

200 free make cycle

2 x 50 hold +:01 off 200 pace 1:00/50 easy 2:00

200 free make cycle

4 x 25 hold 200 tempo :30/50 easy 2:00

200 free make cycle

3 x 50 hold +:01 off 200 pace 1:00/50 easy 2:00

200 free make cycle

6 x 25 hold 200 tempo :30/50 easy 2:00

200 free make cycle

4 x 50 hold +:01 200 pace 1:00/200 warm down

\*All 25’s and 50’s choice/same stroke by round

200 warm down