July 31-Workout is written for short course yards. Add :10 per 100 if swimming meters.

4 x 400

1-free 6:00

2-150 free/50 choice drill 6:00

3-IM 50 drill/50 swim 6:30

4-kick

4 x 25 Non free :25

2 x 50 non free drill 1:00

1 x 100 1:20 4x

Non free specialty (NFS)

50 NFS :50

50 NFS + 25 easy free 1:20

50 NFS + 50 easy free 1:40

6x

50’s NFS-Hold :02-:03 off of 200 goal pace

8 x 200

1-Paddles only swim

2-150 Paddles-50 kick

3-100 paddles-100 kick

4-50 paddles-150 kick

3:00/3:15/3:30

200 warm down