



## Workout by Coach Amy Browning

	Yards
400 / 600 Warmup	600
8 x 75 Odds: scull / drill / swim Even: Kick / drill / swim Repeat	600 / 1200
3 x 100 followed immediately by 1:45 3 x 50 on 1:00 (add or adjust interval for the IM or stroke)  1 <sup>st</sup> set – Free 2 <sup>nd</sup> set IM 3 <sup>rd</sup> set choice	1350 / 2550
8 x 50 Kick	400 / 2950
6 x 100 Pull Moderate / distance per stroke	600 / 3550
8 x 25 From the middle Work on turns and underwater off the wall	200 / 3750
Warmdown	200 / 3950