



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Sprint WU	400	8x 50 on 1:00 - 25 Hard - 25 Easy
Main Set	Endurance	1800	3 Rounds of: - 3x 100 on 1:15/1:25/1:30 - 2x 100 on 1:10/1:20/1:25 - 100 Easy
Set	Pull	400	4x 100 Pull on 1:40 - Breathe 3, 5, 7, 5
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3200	



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
Set	Sprint WU	300	6x 50 on 1:15 - 25 Hard - 25 Easy
Main Set	Endurance	1200	3 Rounds of: - 2x 100 on 1:50/1:55/2:00/2:15 - 1x 100 on 1:45/1:50/1:55/2:10 - 100 Easy
Set	Pull	300	3x 100 Pull on 2:00/2:20 - Breathe 3, 5, 7, 5
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	2200	