



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Kick/ Technique	400	8x 50 Kick down/Drill back <ul style="list-style-type: none"> - 1st 4: Drill is Catch-Up - Last 4: Drill is Fingertip Dragging Catch-Up
Set	Walls	400	8x 50 on 1:00 <ul style="list-style-type: none"> - 2 Turn from the middle of the pool - 3 Dolphin kicks off each wall
Main Set	Walls	1600	100 Bases: 1:20/1:25/1:30/1:35/1:40/1:45 <ul style="list-style-type: none"> - 100 – 1 Dolphin kick off each wall - 200 – 2 Dolphin kicks off each wall - 300 – 3 Dolphin kicks off each wall - 400 – 4 Dolphin kicks off each wall - 300 – 3 Dolphin kicks off each wall - 200 – 2 Dolphin kicks off each wall - 100 – 1 Dolphin kick off each wall
Easy	Easy	50	50 Easy
Set	Pull	450	6x 75 Pull on 1:15/1:30 <ul style="list-style-type: none"> - Breathe 3, 5, 7
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	3400	



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Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
Set	Kick/ Technique	300	6x 50 Kick down/Drill back on 1:30 <ul style="list-style-type: none"> - 1st 4: Drill is Catch-Up - Last 4: Drill is Fingertip Dragging Catch-Up
Set	Walls	300	6x 50 on 1:10/1:15 <ul style="list-style-type: none"> - 2 Turn from the middle of the pool - 3 Dolphin kicks off each wall
Main Set	Walls	1000	100 Bases: 2:00/2:15 <ul style="list-style-type: none"> - 50 on (1:00/1:10) - 100 on (2:00/2:15) - 200 on (4:00/4:30) - 300 on (6:00/6:45) - 200 on (4:00/4:30) - 100 on (2:00/2:15) - 50 on (1:00/1:10)
Easy	Easy	50	50 Easy
Set	Pull	300	4x 75 Pull on 1:15/1:30 <ul style="list-style-type: none"> - Breathe 3, 5, 7
WU/CD	WU/CD	100	100 Warm Up/Cool Down
	TOTAL YDS	2250	