



Workout By: Coach Casey Oliver

WU/CD	WU/CD	400	400 Warm Up/Cool Down
Set	Technique	300	6x 50 - 25 Scull - 25 Swim
Set	Sprint	600	12x 50 Golf - (1:00) - Count Strokes per 50 + Seconds per 50 = Your score - Ex: 33 Strokes + 35 seconds = Score of 68 - Try to improve your score from 1 to 12!
Main Set	Middle Dist	1200	12x 100 - Descending Rest - 3 on 1:35/1:40/1:45 - 3 on 1:30/1:35/1:40 - 3 on 1:25/1:30/1:35 - 3 on 1:20/1:25/1:30
Break	Easy	50	50 Easy
Set	Pull	400	4x 100 Pull - (1:30/1:40)
WU/CD	WU/CD	200	200 Warm Up/Cool Down