



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Kick	200	4x 50 Kick/Swim on 1:00 - Sprint 50 swim, kick on wall until 1min interval is up
Set	Technique	200	4x 50 DPS (Distance Per Stroke) on 1:00 - At least 3 dolphin kicks off each wall - Improve stroke count each 50
Main Set	Endurance	1800	3 Rounds of: - 4x 100 on 1:15/1:20/1:25/1:30/1:35 - 1x 100 easy Round 4: - 2x 100 on 1:10/1:15/1:20/1:25/1:30 - 1x 100 Easy
Set	Pull	400	4x 100 Pull on 1:30/1:40
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3200	



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Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	300 Warm Up/Cool Down
Set	Kick	200	4x 50 Kick/Swim on 1:00 - Sprint 50 swim, kick on wall until 1min interval is up
Set	Technique	200	4x 50 DPS (Distance Per Stroke) on 1:00 - At least 3 dolphin kicks off each wall - Improve stroke count each 50
Main Set	Endurance	1300	3 Rounds of: - 3x 100 on 1:50/1:55/2:00/2:15 - 1x 50 easy Round 4: - 2x 100 on 1:45/1:50/1:55/2:10 - 1x 50 Easy
Set	Pull	200	2x 100 Pull on 2:00/2:20
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	2300	