



Workout By: Coach Casey Oliver, Inspired by David Hall

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Pull	300	4x 75 Pull on 1:15 - Consistent and Strong
Main Set	Endurance	2000	5x 100 on 1:20/1:30 5x 200 on 2:35/2:55 5x 100 on 1:15/1:25
Set	Kick	300	6x 50 Kick on back w/ fins on :55
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	200 Warm Up/Cool Down
Set	Pull	300	4x 75 Pull on 1:15 - Consistent and Strong
Main Set	Endurance	1200	3x 100 on 2:00/2:15 3x 200 on 3:55/4:25 3x 100 on 1:55/2:10
Set	Kick	300	6x 50 Kick on back w/ fins on :55
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	2200	