



Workout By: Coach Casey Oliver, Swim Meet Taper Workout

Type	Emphasis	Yards	Description
WU/CD	WU/CD	400	4x 100 - Scull, Kick, Pull, Swim by 25s
Set	Walls	600	6x 100 Start in Middle of Pool - 3x underwater kicks + 2 strokes before breath
Set	Kick	400	8x 50 - 25 Sprint Kick, on back - 25 Sprint Kick, add moderate arms
Set	Sprint	600	12x 50 - 50 DPS (Distance Per Stroke) - 50 Turnover - 50 Combined (Sprint w/ good form) - Repeat 4x to equal 12x 50
Set	Sprint	200	4x 25 Sprint from a dive (swim easy back to blocks)
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	2500	