



WORK OUT BY COACH KRIS DUNNING

Warm up:

- 400
- 300
- 200
- 200

1100

Pre-set:

- 8 x 75s
 - Swim kick Drill

1700

Main Set:

- 3 x 500
 - 100 free
 - 100 IM
 - 100 Kick
 - 100 Drill
 - 100 free

3200

Post Set:

- 6 x 50s Min Stroke drill

3200

Cool down:

- 200

3200