



Workout By: Coach Leslie Scott

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Kick	200	8x 25 Kick on :30
Set	Pull	400	4x 100 Pull on 1:40
Main Set	Stroke	1800	4 Rounds, Odd Rounds No Fins, Evens w/ Fins 1x 25 Fly 1x 50 Back/Breast 1x 75 Free 2x 25 Fly 2x 50 Back/Breast 2x 75 Free Intervals :30 sec/25 no fins, :25 sec/25 w/ fins
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3000	