



**Workout By: Coach Amy Browning**

**Warm up:**

600 Choice

**Pre-set:**

16 x 75

Odds: scull / drill / swim

Even: Kick / drill / swim

**Main Set:**

3 x 100 followed immediately by 1:45

3 x 50 on 1:00

(add or adjust interval for the IM or stroke)

1st set – Free

2nd set IM

3rd set choice

**Kick Set:**

8 x 50 Kick

**Pull Set:**

6 x 100 Pull Moderate / distance per stroke

**Final Set:**

8 x 25 From the middle

Work on turns and underwater off the wall

**Cool down:** 200

**Total:** 3,950 yds