



Workout By: Coach Gene Magliaro

Warm up:

300 Swim, 200 IM drill, 200 IM kick

Pre-set:

12 x 50 on 1:00 25 IM order/ 25 free

Main Set:

4 Rounds (Can change strokes each round)

75 Very Fast on 1:20

3 x 25 Very Fast on :25 or :30

200 easy

Pull Set:

500 pull

Alternate breathing every 3,5,7. Take 3 strokes – breathe, take 5 strokes – breathe, take 7 strokes – breathe, repeat

Cool down: 300

Total: 3, 500