



**Workout By: Coach Kris Dunning**

**Warm up:**

400 swim, 300 Kick, 200 Drill, 100 Scull

**Pre-set:**

8 x 50s

- Descend 1-3, 5-7 (4 and 8 are easy)

**Main Set:**

2 Rounds of:

- 200 IM
- 50 easy
- 4 X 50 (1:05)
- Kick/Drill
- 50 easy
- 2 x 100 free (50 easy in between)
- 4 x 25 Sprint with 5 seconds rest on the wall

**Cool down:** 200

**Total:** 3, 200