



Workout By: Coach Leslie Scott

Warm up:

200 Swim, 200 choice no free, 200 pull

Kick Set:

6 x 100 on 2:00

75 Swim easy, 25 fast kick no board

Pre-set:

4 x 50 on 1:00 IM order drill

Fly: Free arms, fly kick

Back: 6 Kick drill

Breast: 25 underwater pullouts (no more than 3 for the whole pool)

Free: 6 Kick drill

Main Set:

10 x 100 on 2:00 Build by 25

#1-4 IM order

#5 IM

#6-10 Choice

Swim the back half very fast

Hypoxic Set:

4 x 25 on 1:00 Underwater Swim

Cool down: 300

Total: 3,000