



Workout By: Coach Amy

WU/CD	Easy	500	200 swim / 100 kick / 200 swim
WU/CD	Technique	200	8 x 25 Drills 2 x 25 - over emphasize streamline dolphin kick 2 x 25 - catch up drill 2 x 25 - 3 right arm / 3 left arm 2 x 25 - alligator eyes
Main Set	Sprint	800	16 x 50 Freestyle 3 hard, 1 easy 4 x on 1:00 4x on :55 4x on :50 4x on :45
Kicking	Kicking	400	4 x 100 Kick with fins
Main Set	Sprint	600	8 x 75 - all choice
Main Set	Pulling	400	400 pull - 3 stroke alternate breathing
WU/CD	Easy	200	200 swim cool down
	Total	3100	Yards