



Workout By: Coach Casey

Type	Emphasis	Yards	Description
WU/CD	WU/CD	400	400 Warm Up/Cool Down
Set	Kick	400	8x 50 Kick/Swim on 1:00 <ul style="list-style-type: none"> - 25 Hard Kick - 25 Maintaining Hard Kick and Add Moderate Arms
Main Set	Middle Dist	900	3 Rounds of 3x 100 (1:30- 2:00) <ul style="list-style-type: none"> - 50 Hard/50 Easy - 25 Easy/50 Hard/25 Easy - 50 Easy/50 Hard Round 1 Free Round 2 Stroke Round 3 Fins
Set	Pull	500	5x 100 Pull on 1:30
Set	Sprint	200	4x 50 on 1:00 <ul style="list-style-type: none"> - 25 Sprint get time - 25 Easy Maintain Sprint Times Each 50
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL	2700	



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Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
Set	Kick	300	6x 50 Kick/Swim on 1:20 <ul style="list-style-type: none"> - 25 Hard Kick - 25 Maintaining Hard Kick and Add Moderate Arms
Main Set	Middle Dist	700	3 Rounds of 3x 75 (1:30-2:00) <ul style="list-style-type: none"> - 50 Hard/25 Easy - 25 Easy/25 Hard/25 Easy - 25 Easy/50 Hard Round 1 Free Round 2 Stroke (Choice) Round 3 Fins Easy 25 Back to Wall
Set	Pull	300	4x 75 Pull on 1:30
Set	Sprint	200	4x 50 on 1:00 w/Fins <ul style="list-style-type: none"> - 25 Sprint get time - 25 Easy Maintain Sprint Times Each 50
WU/CD	WU/CD	150	150 Warm Up/Cool Down
	TOTAL	1850	