



Workout By: Coach Kris

WU/CD	WU/CD	1000	400 Free + 300 Kick + 200 Drill + 100 Easy
Set	Sprint	400	8 x 50 Descend
Main Set	IM	1000	<ul style="list-style-type: none"> 3 x 100 - IM - Kick/Drill - Free 4 x 50 - Easy - Sprint <p>2 Rounds</p>
Set	Technique	300	<p>6x 50</p> <ul style="list-style-type: none"> - Odds: Build - Evens: Kick/Drill
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	Total	3000	Yards