



**Workout By: Coach Amy Browning**

<b>Type</b>	<b>Emphasis</b>	<b>Yards</b>	<b>Description</b>
WU/CD	Easy	400	100 swim, 100 drill, 100 kick, 100 swim
Kick	Middle Distance	600	6 x 100 kick on 2:10 Middle 50 hard
Main Set	Middle Distance	1200	8 x 150 Freestyle on 2:45
Main Set	Middle Distance	800	8 x 100 Broken on 2:45 total 75 moderate / 30 seconds kick on wall / 25 sprint
WU/CD	Easy	200	200 warmdown
<b>Total Yards</b>		<b>3200</b>	