



Workout By: Coach Amy Browning

Type	Emphasis	Yards	Description
WU/CD	Easy	400	400 choice
WU/CD	Technique	250	5 x 50 Backstroke drills
Main Set	Distance	1000	5 x 200 #1 - 200 Free #2 - 1st 50 Backstroke -50 Back / 150 free #3 - 2nd 50 backstroke - 50 free / 50 back/100 free #4 - 3rd 50 backstroke - 100 free / 50 back / 50 free #5 - 4th 50 backstroke - 150 free / 50 back #3 - 2nd 50 backstroke - 50 free / 50 back / 100 free #3 - 100 Back / 100 Free
Kicking	Kicking	600	6 x 100 kick
Sprint	Sprint	600	12 x 50 - choice
Total Yards		2850	