



**Workout By: Coach Casey Oliver**

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Kick	400	8x 50 Kick/Drill on 1:00 - 25 Kick, 25 Drill - IM Order
Main Set	Middle Dist	1500	2 Rounds (Round 1 = Free, Round 2 = Stroke): - 8x 25 Breakouts (5 Kicks Underwater and explosive 3-4 strokes) on 40 sec - 50 Easy - 1x 200 Broken (Get your total time and subtract the 15 sec rest for your Goal Time for last 200): - 100 Hard, 10 sec rest - 50 Hard, 5 rest - 50 Hard - 50 Easy - 1x 200 Hard (Meet your Goal Time) - 50 Easy
Set	Pull	500	5x 100 Pull - (1:25/1:30/1:35/1:40)
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	<b>TOTAL YDS</b>	<b>3000</b>	



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Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
Set	Kick	400	8x 50 Kick/Drill w/fins on 1:00 - 25 Kick, 25 Drill
Main Set	Middle Dist	900	2 Rounds (Round 1 = Free, Round 2 = Stroke): - 4x 25 Breakouts (5 Kicks Underwater and explosive 3-4 strokes) on 50 sec - 50 Easy - 1x 100 Broken (Get your total time and subtract the 15 sec rest for your Goal Time for last 100): - 50 Hard, 10 sec rest - 25 Hard, 5 rest - 25 Hard - 50 Easy - 1x 100 Hard (Meet your Goal Time) - 50 Easy
Set	Pull	300	3x 100 Pull - (2:00)
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	<b>TOTAL YDS</b>	<b>2000</b>	