



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 (:50 w/Fins, 1:00 w/o Fins) - First 4 are with board - Last 4 on back or side
Main Set	Walls	1200	12x 100 (1:25/1:30/1:40) - 1 @ 2 fly kicks off each wall - 2 @ 3 fly kicks off each wall - 3 @ 4 fly kicks off each wall - 3 @ 5 fly kicks off each wall - 2 @ 6 fly kicks off each wall - 1 @ 7 fly kicks off each wall
Set	IM	400	8x 50 IM Order (:50/1:00)
Set	Pull	400	400 Pull
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3000	



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Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
Set	Kick	300	6x 50 Kick (1:00 w/Fins) - First 3 are with board - Last 3 on back or side
Main Set	Walls	800	8x 100 (2:00) - Streamline off wall - First 4 breath only towards slide - Last 4 breath every 3
Set	IM	200	4x 50 - 25 Sprint - 25 Moderate
Set	Pull	200	200 Pull
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	1900	