



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)
Main Set	Tempo	2000	4x 500 –Broken Free Pick your Base (1:20/ 1:25 /1:30/ 1:35 /1:40) - 2x 250 (3:20/ 3:35 /3:45/ 4:00 /4:10) - 4x 125 (1:40/ 1:50 /1:55/ 2:00 /2:05) - 5x 100 (1:20/ 1:25 /1:30/ 1:35 /1:40) - 10x 50 (:40/(5x45,5x:40)/:45/(5x:50,5x:45)/:50)
Break	Easy	100	100 Easy
Set	Pull	300	300 Pull
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	3300	



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	150	150 Warm Up/Cool Down
Set	Kick	300	6x 50 Kick (1:00 w/o Fins)
Main Set	Tempo	1500	3x 500 –Broken Free Pick your Base (1:50/ 2:00 /2:15/ 2:30) - 4x 125 (2:20/ 2:30 /2:50/ 3:10) - 5x 100 (1:50/ 2:00 /2:15/ 2:30) - 10x 50 (:55/ 1:00 /(5x1:10, 5x1:05/) (1:15))
Break	Easy	50	50 Easy
Set	Pull	150	150 Pull
WU/CD	WU/CD	150	150 Warm Up/Cool Down
	TOTAL YDS	2300	