



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	400	400 Warm Up/Cool Down
Set	Kick	200	8 Rounds of Deep End Vertical Kicking - 30 seconds on, elbows out of water - 15 seconds rest
Main Set	Tempo	1200	12x 100 - Descending Rest - 3 on 1:30/1:35/1:40/1:45 - 3 on 1:25/1:30/1:35/1:40 - 3 on 1:20/1:25/1:30/1:35 - 3 on 1:15/1:20/1:25/1:30
Break	Easy	100	100 Easy
Set	Pull	500	5x 100 Pull on 1:25/1:30/1:35
Set	Sprint	200	4x 50 All Out IM Order on 2:00
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	2900	