



Workout By: Coach Amy Browning

Type	Emphasis	Yards	Description
WU/CD	WU/CD	600	600 Warm Up/Cool Down
Set	Technique	400	8 x 50 Drill lap down, swim back, your choice of strokes
Main Set	Everything	1800	3 Rounds - 1st round freestyle, 2nd round kick, 3rd round choice not free 4 x 100 4x50 - increase the effort / tight interval
Pull	Distance	600	600 pull, long and strong
	TOTAL YDS	3400	