



Workout By: Coach Amy Browning

Type	Emphasis	Yards	Description
WU/CD	WU/CD	600	200 swim / 200 kick / 200 pull
Set	Kick	400	16 x 25 dolphin kick with fins Odds on stomach underwater Evens dolphin on back in streamline position
Main Set	Everything	1200	12 x 50's on 1:00 - 4 rounds of 50 Free / 50 Free / 50 Stroke 8 x 50's - 4 rounds of 50 Free / 50 Stroke 4 x 50 - All 4 stroke, no freestyle
Set	Pull	600	6 x 100 Pull 3 stroke breathing
	TOTAL YDS	2800	