



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/Swim on 1:00 - Kick hard down on side or back - Return and Maintain hard kick, moderate arms
Main Set	Middle Dist	1600	8x 200 - Odds: Free @85% 2:40/2:45/2:50/3:00 - Evens: Hard IM/Stroke 3:45/4:00 (extra rest)
Set	Pull	500	5x 100 Pull on 1:30/1:40 - Hypoxic - Breath 3,5,7,9 by 25s
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3100	