



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	400	400 Warm Up/Cool Down
Set	Drill	400	8x 50 Drill on 1:00 - 2x Catch-Up w/ Fingertip Drag - 2x Left Arm Down, Right arm Back (unused arm at side) - 2x Popov - 2x Fist
Set	Kick	500	10x 50 Kick w/ Fins on :50 - 6 Fly Kicks Under water each wall
Set	Walls	500	10x 50 on :50 - from the middle of the pool - No breathing in or out of walls (no breathing between flags and wall) - 2 dolphin kicks minimum off wall
Main Set	Sprint	500	10x 50 on :50 - Descend 1-3, 4-6, 7-9 - 10 is all out
Break	Easy	50	50 Easy
Set	Pull	300	300 Pull
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	2950	