



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, no fins on 1:00
Main Set	Walls	1600	400 (5:20/5:40/6:00/6:20/6:40/8:00) - only breathe between flags (not into or out of walls) 2x 200 (2:40/2:50/3:00/3:10/3:20/4:00) - same breathing, at least 1 fly kick off walls 4x 100 (1:20/1:25/1:30/1:35/1:40/2:00) - same breathing, at least 2 fly kicks off walls 8x 50 (:40/:45/:50/1:00) - same breathing, at least 3 fly kicks off walls
Break	Easy	50	50 Easy
Set	Pull	400	4x 100 Pull - (1:30/1:40)
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3050	