



Workout By: Coach Casey Oliver

| Type | Emphasis | Yards | Description |
|-------------|------------------|--------------|---|
| WU/CD | WU/CD | 300 | 300 Warm Up/Cool Down |
| Set | Kick | 400 | 4x 100 Kick on 2:00 - On back, IM order |
| Main Set | IM | 1600 | 4 Rounds of: - 200 IM, 30 Sec Rest - 100 Free @Pace, 10 Sec Rest - 50 Stroke (HARD) - 50 Easy |
| Set | Pull | 400 | 4x 100 Pull - (1:30/1:40) |
| WU/CD | WU/CD | 300 | 300 Warm Up/Cool Down |
| | TOTAL YDS | 3000 | |