



Workout By: Coach Kris Dunning

Type	Emphasis	Yards	Description
WU/CD	WU/CD	700	400 Free 200 Kick 100 Easy
Set	Sprint	400	8x 50 Descend
Main Set	IM	1300	200 Free 2x 100 IM 4x 50 Build 100 Easy 4x 50 Build 2x 100 IM 200 Free
Set	Drill	400	8x 50 Drill, 2 each stroke
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL YDS	3000	