



Workout By: Coach Mark Kothe

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Main Set	Fitness	800	8x 100 on 1:40
Set	Drill	600	4x 75 6 Kick, 3 pull, switch (6 kicks, 3 pulls with good rotation SLOW, 6 kicks, repeat) 4x 75 (6 Kicks, 3 pulls, same good rotation, but FAST arms, 6 kicks, repeat)
Set	Sprint	100	4x 25 Back High Tempo on :40
Set	Pull	600	3x 200 Pull @ 3:00
Set	Fitness	600	6x 100 on 1:50 - Odds: Back - Evens: Free
WU/CD	WU/CD	300	300 Warm Up/Cool Down
	TOTAL YDS	3300	



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	150	150 Warm Up/Cool Down
Set	Kick	300	6x 50 Kick (1:00 w/o Fins)
Main Set	Tempo	1500	3x 500 –Broken Free Pick your Base (1:50/ 2:00 /2:15/ 2:30) - 4x 125 (2:20/ 2:30 /2:50/ 3:10) - 5x 100 (1:50/ 2:00 /2:15/ 2:30) - 10x 50 (:55/ 1:00 /(5x1:10, 5x1:05/(1:15))
Break	Easy	50	50 Easy
Set	Pull	150	150 Pull
WU/CD	WU/CD	150	150 Warm Up/Cool Down
	TOTAL YDS	2300	