



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	500	500 Warm Up/Cool Down
Set	Kick	400	8x 50 Kick/Drill, IM Order on 1:00
Main Set			<p>3 Rounds (Round 1 Free, Round 2 Stroke, Round 3 Free)</p> <p>8x 25 Breakouts</p> <ul style="list-style-type: none"> - 5 UW dolphin kicks + 3 Fast strokes, finish easy <p>1x 200 Broken</p> <ul style="list-style-type: none"> - 100, 10 sec rest - 50, 5 sec rest - 50 - Get your time, subtract 15 seconds (this is your goal time for the next 200) <p>50 Easy</p> <p>1x 200 All Out</p> <ul style="list-style-type: none"> - Match your goal time from previous broken 200
Set	Sprint	2100	50 Easy
WU/CD	Pull	500	5x 100 Pull - (1:30/1:40)
	TOTAL YDS	3500	