



**Workout By: Coach Casey Oliver**

<b>Type</b>	<b>Emphasis</b>	<b>Yards</b>	<b>Description</b>
WU/CD	WU/CD	300	300 Warm Up/Cool Down
Set	Kick	400	4x 100 Kick on 2:00 - On back, dolphin/flutter
Main Set	Sprint	1900	400 on (5:20/ <b>6:00</b> /6:20/ <b>6:40</b> ) 4x 100 on (1:20/ <b>1:30</b> /1:35/ <b>1:40</b> ) 300 on (4:00/ <b>4:30</b> /4:45/ <b>5:00</b> ) 3x 100 on (1:20/ <b>1:30</b> /1:35/ <b>1:40</b> ) 200 on (2:40/ <b>3:00</b> /3:10/ <b>3:20</b> ) 2x 100 (1:20/ <b>1:30</b> /1:35/ <b>1:40</b> ) 50 Easy 50 ALL OUT
WU/CD	Pull	400	4x 100 Pull - (1:30/1:40)
	<b>TOTAL YDS</b>	<b>3000</b>	