



Workout By: Coach Cheryl Quinn

Type	Emphasis	Yards	Description
WU/CD	WU/CD	600	3x 200 #1 is Free, focusing on Distance per Stroke (DPS) #2 is IM Drill #3 is alternating 50 Free/50 Non-Free
Set	Kick	300	6x 50 Kick on 1:00
Main Set	Mix	1800	12 x 100 - 4 x 100 Free @ 1:30/1:40 - 4 x 100 Pull @ 1:30/1:40 - 4 x 100 as IM or 50 stroke/50 free @ 1:40/1:50 30 Seconds Rest (SR) 12 x 50 - 4 x 50 Free @ :50/:60 - 4 x 50 Pull @ :50/:60 - 4 x 50 Stroke @ :60/1:10
WU/CD	WU/CD	300	5x 100 Pull - (1:30/1:40)
	TOTAL YDS	3000	