



Workout By: Coach Cheryl Quinn

Type	Emphasis	Yards	Description
WU/CD	WU/CD	500	300 Swim 200 Kick
Set	Pull	200	4x 50 Pull
			<p>Descending 100's Free **3 sets of 3, descending interval each set 1-3 @ 1:20 /1:25/ 1:30/ 1:35/ 1:40 /1:45 4-6 @ 1:15 /1:20/ 1:25/ 1:30 /1:35 1:40 7-9 @ 1:10 /1:15/ 1:20/ 1:25 /1:30 /1:35</p> <p>Descending 50s Free **4 sets of 4, descending interval each set #1-4 @ :55/1:00/1:05/1:10 #5-8 @ :50/:55/1:00/1:05 #9-12 @ :45/:50/:55/1:00 #13-16 @ :40/:45/:50/:55 LAST SET OF 4 SHOULD BE TOUCH & GO</p> <p>Descending 25s Free **5 sets of 4, descending interval each set #1-4 @ :35/:40/:45 #5-8 @ :30/:35/:40 #9-12 @ :25/:30/:35 #13-16 @ :20/:25/:30 #17-20 @ :15/:30/:35</p>
Main Set	Sprint	2200	LAST SET OF 4 SHOULD BE TOUCH & GO
WU/CD	WU/CD	100	100 Warm Up/Cool Down
	TOTAL YDS		