



**Workout By: Coach Casey Oliver**

Type	Emphasis	Yards	Description
WU/CD	WU/CD	300	300 Warm Up/ Cool Down
Set	Kick	400	8x 50 DPS on 1:00 - Stroke Count consistent all 8x 50s
Main Set 1	Endurance	600	3x 200 on 2:30/2:35/2:40/2:45/2:50/2:55/3:00
Break	Easy	100	100 Easy
Main Set 2	Endurance	1200	3x 100 on 1:15/1:20/1:25/1:30/1:35 1x 100 on 2:00 Easy 3x 100 on 1:15/1:20/1:25/1:30/1:35 1x 100 on 2:00 Easy 3x 100 on 1:15/1:20/1:25/1:30/1:35 1x 100 on 2:00 Easy - Push yourself to go 5 sec faster for your 100 pace than you normally go on the 3x 100s
WU/CD	Pull	500	500 Pull Breathe 3, 5, 7, 5
	<b>TOTAL YDS</b>	3100	