



**Distance Workout By: Coach Leslie Scott**

**Warm up:**

200 Swim, 200 choice no free, 100 pull

**Kick Set:**

8 x 50 butterfly kick with fins on 1:00 or 1:15

#1 on front, #2 on back, #3 on right side, #4 on left side, repeat

**Main Set:**

3 x 450 Broken, Rest 20 seconds between distances

50 kick with no fins

100 swim with hands in fists and pull buoy

100 kick with fins

100 swim with fins and paddles

100 swim fast

Rest one minute, repeat

**Sprint Set:**

8 x 100 on 20 seconds rest

25 Streamline kick fast, then easy swim to the wall

50 Drill

25 Sprint

Odds are free, Evens are stroke

**Cool down:** 100

**Total:** 3, 150