



**Workout By: Coach Amy Browning**

<b>Type</b>	<b>Emphasis</b>	<b>Yards</b>	<b>Description</b>
WU/CD	Easy	400	choice
WU/CD	Technique	300	6 x 50 choice or drill swim on :15 rest
WU/CD	Technique	200	25 Drill or kick / 25 swim for entire 200
WU/CD	Moderate	100	build to fast
Main	Kick	300	6x50 Kick
Main	Moderate	600	6 x 100 Odds - Freestyle Evens Stroke or IM
WU/CD	Moderate	400	Pull or warmdown
	Total Yards	2300	