



Workout By: Coach Amy Browning

Type	Emphasis	Yards	Description
WU/CD	Easy	400	400 choice or ten minute warmup
WU/CD	kick	200	8 x 25 kick
Technique	Technique	200	8 x 25 emphasis on long streamline #1 -2 long streamline #3-4 2 dolphin kicks off wall #5-6 4 dolphin kicks off wall #7-8 6 dolphin kicks off wall
Main Set	Distance	1400	2 rounds 2 x 200 #1 Cruise moderate pace #2 - broken 10 seconds at the 100 2 x 100 #1 Cruise moderate pace #2 - broken 10 seconds at the 50 2 x 50 #1 Moderate to fast #2 sprint - broken 10 seconds at the 25
WU/CD	Easy	100	recovery 100
		400	Pull - focus on distance per stroke
	Total Yards	2700	