



**Workout By: Coach Amy Browning**

<b>Type</b>	<b>Emphasis</b>	<b>Yards</b>	<b>Description</b>
WU/CD	kick	200	8 x 25 kick
WU/CD	Easy	400	400 (200 swim/200 choice)
WU/CD	kick	450	6 x 75 Odds are Drill Stroke Fly - 3 right, 3 left, 3 strokes Back - wave or catch up backstroke drill breast 2 kick / 1 pull or breast with dolphin kick Evens are Freestyle
Main Set	stroke & distance	2000	2 Rounds  1st Round Stroke (reverse IM order) 200 Free on 3:00 / 3:15 150 Breaststroke 3:15 100 Back 2:15 50 Fly 50 Fly 100 Back 150 Breast 200 Free  2nd Round - all Freestyle - Pull optional, Same distances, focus on breath control
WU/CD	Easy	200	recovery 200
	Total Yards	3050	