



**Workout By: Coach Amy Browning**

<b>Type</b>	<b>Emphasis</b>	<b>Yards</b>	<b>Description</b>
WU/CD	Easy	500	5 x 100 warmup together
WU/CD	Technique	300	6 x 50 odds catch up drill, evens fingertip drill
Main Set	Mid distance	600	8 x 75 Free - focus on streamline off walls, perfect stroke
Pull	Distance	800	4 x 200 pull, # 1 & #3 are breathing 3/5
Kick	kick	300	6 x 50 kick with fins with no stop to last set
sprint	sprint	200	8 x 25 sprint your choice with fins
WU/CD	Easy	200	Warm down
	<b>TOTAL YDS</b>	<b>2900</b>	