



Workout By: Coach Amy Browning

Type	Emphasis	Yards	Description
WU/CD	Easy	500	200 swim - 100 kick - 200 swim
WU/CD	Technique	450	9 x 50 3 fly drill, 3 back drill, 3 breast drill
Main Set	Mid distance	400	4 x 100 Build to 100 Fly # 1 1st 25 fly remaining freestyle #2 50 fly / 50 free #3 75 fly / 25 free #4 100 fly
Pull	Distance	400	4 x 100 Build to 100 Back # 1 1st 25 back remaining freestyle #2 50 back / 50 free #3 75 back / 25 free #4 100 back
Kick	kick	400	4 x 100 Build to 100 Breast # 1 1st 25 breast remaining freestyle #2 50 breast / 50 free #3 75 breast / 25 free #4 100 Breast
sprint	sprint	400	4 x 100 Build to 100 Free Fast # 1 1st 25 fast / 75 easy #2 50 fast / 50 easy #3 75 fast / 25 easy #4 100 fast
WU/CD	Easy	50	recovery 50
	TOTAL YDS	2600	