



Workout By: Coach Casey Oliver

Type	Emphasis	Yards	Description
WU/CD	WU/CD	400	400 Scull – Drill – Pull – Swim
Set	Kick	400	8x 50 Kick on 1:00 (:50 w/ Fins)
Main Set	Sprint	2250	<ul style="list-style-type: none"> - 500 – Excellent Effort, get time – (100 Pace during 500 + 5 sec is pace for ladder) 50 easy <ul style="list-style-type: none"> - 400: 5:20/6:00/6:40 - 300: 4:00/4:30/5:00 - 200: 2:40/3:00/3:20 - 100: 1:20/1:30/1:40 100 easy <ul style="list-style-type: none"> - 500 – Match your 1st 500 time or better 100 easy
WU/CD	Pull	400	4x 100 Pull - (1:30/1:40)
	TOTAL YDS	3450	