



**Workout By: Coach Casey Oliver**

Type	Emphasis	Yards	Description
WU/CD	WU/CD	500	500 Scull, Kick, Pull, Swim by 25s
Set	Sprint	400	8x 50 Golf on 1:00 - Stroke Count + Seconds = Score - Example: 15 strokes + 15 strokes + 40 Seconds = 70 - Try to lower your score!
Main Set 1	Endurance	1750	2x 200 on 2:45/3:05/3:10/3:15 50 Easy 2x 200 on 2:40/3:00/3:05/3:10 50 Easy 2x 200 on 2:35/2:55/3:00/3:05 50 Easy 2x 200 on 2:30/2:50/2:55/3:00
Break	Easy	100	100 Easy
WU/CD	Pull	400	4x 100 Pull on 1:30/1:40
	<b>TOTAL YDS</b>	3150	