



Workout By: Coach Lindsey Little

Type	Emphasis	Yards	Description
WU/CD	Easy	300	6x 50 Kick/Drill/Swim on 1:00
Set	Sprint	1000	4x 75 Descend on 1:15 4x 150 on 2:30 - 1x First 50 Sprint - 1x Second 50 Sprint - 1x Third 50 Sprint - 1x All Sprint 100 Easy
Main Set	Endurance	1500	7x 100 on 1:30/1:35 5x 100 on 1:25/1:30 3x 100 on 1:20/1:25
WU/CD	Easy	500	10x50 on :50 or choice
	Total Yards	3300	