DISTANCE WORKOUT:

Warm-up:
300 yd. choice warm up
300 yd. free

Kick Set**:**
8x50 Stroke Int. 1'20

Main Set:
800 70% R: 1min.
600 75% R: 1min.
400 80% R: 1min.
200 85% R: 1min.
100 85% R: 1min.

Cool Down:
200 easy technique

Total yds: 3,300 yds

SPRINT WORKOUT:

Warm-up:
300 yd. choice warm up
300 yd. free

Main Set:
3 x 100 Int. 2'
200 technique
3 x 100 Int. 1:50'
200 kick
3 x 100 Int. 1:40'
200 pull
3 x 100 Int. 1:30'
200 easy

Sprint:
16 x 25 Max Int. 1'

Cool Down:
200 easy

Total yds: 3,200 yds