



**DISTANCE WORKOUT:**

Warm-up:

10x50 yd. Free

Kick Set:

200 Freestyle kick, w/board,      Wait 10 seconds after each part of set.  
3x100 Freestyle kick w/board,  
4x50 Freestyle kick w/board

Drill Set:

2x75 (25 right arm, 25 left arm, 25 catch-up)

Main Set:

4x450 Free,      450's on 5:25  
8x25 Free,      25's on :25

Cool Down:

9 laps easy

**Total yds: 3,625 yds**

**SPRINT WORKOUT:**

Warm-up:

300 yd. Choice  
300 yd. Free

Set:

16x50 Int. 1"  
25 Easy – 25 Sprint

Pulling:

8x100 80% Int. 1'30"

Kicking:

8 x 50 Int. 1'10"

Set:

8x50 Max Int. 1'30"

Cool Down:

200 easy

**Total yds: 3,200 yds**