



December Endurance Strength Workout - This should be done 3x per week or more.

Warm-up:

300 Choice
300 Freestyle

Set:

8x75 80% Int. 1'30"
8x50 Fast Int. 50"

Kick Set:

5x100 Int. 2'30"

Set:

1,000 Best Time

Cool Down:

200 easy

Total: 3,300 yds.

December Sprint Workout - This should be done 2x per week.

Warm-up:

300 Free
3x100 Choice

Set:

3x [
4x50 Int. 1'
8x25 MAX Int. 45"
]

Kicking:

300 Choice
300 (50 Easy – 50 Fast)
300 (25 Easy – 25 Fast)

Set:

2x200 MAX R: 5"

Cool down:

200 easy

Total: 3,300 yds