



### **May Distance Workout**

Warm-up:

300 stroke

300 free

Pulling:

3x600 Descending Set w/paddles R:20"

Main Set:

16x100 Best Average R:10"

Cool Down:

200 easy

Total: 4,200 yds

### **May Sprint Workout**

Warm-up:

300 Free

3x100 R:20"

Technique:

600 Stroke Drills

Kicking:

12x50 Progressive Int. 1'10"

Pulling:

800 Negative Split

Set:

4x 400 R:1'

50 Easy-50Fast-100Easy-100Fast

Cool Down:

200 easy

Total: 4,400 yds