

### Workout 1

4 x 100 kurls w/10rest	
3 x (100kick – 100drill – 100swim) w/15rest	
6 x 50 Build @ :50	1600
EN1: 20 x 25 @ :25 IM order	
8 x 100 @ 1:35 IM	
3 x 200 @ 3:00 IM	
3 x 200 @ 2:40 Free Breath every 3	4100
EN1: 6 x 100 @ 2:00 kick	4700
100Loosen	4800

### Workout 2

300Loosen; 4 x 175 w/15 (50Balance – 50Drill – 75Sw)	
4 x 125 @ 1:50 Swim	1500
EN1: 8 x 175 @ 2:40? (IM – 25stroke)	
8 x 50 @ :50 IM Drill	3300
EN1: Kick 10 x 50 @ 1:10 (25Fast – 25Loosen)	3800
700Drill	4500

### Workout 3

[50Kc-Balance / 150Drill / 100Swim] x 3	
6 x 100 @ 1:30	1500
SP3: 6 x 25 @ :45 w/150ez	1800
SP1: 3 x [5 x 75 @ 2:00 w/225ez]	3600
EN1: 6 x 100 Combo Drills w/10rest	
8 x 50 Drill w/10rest	4600

### Workout 4

6 x 150 w/15 Odd= 50Dr/100Sw; Even= 50Kc/100Sw	
3 x 200 w/15 100Combo / 100Swim	
9 x 100 @ 1:35 Descend 1-3	2400
Race Pace: 5 x 50 @ 1:00 @ 200R.P. w/200ez] x 2	3300
800Drill / Technique Work	4100
Race Pace: 4 x 25 @ :40 @ 100R.P. w/200ez] x 3	5000
EN1: Kick 8 x 50 @ 1:00	5400

### Workout 5

400Free – 300Back – 200Brst – 100Fly (Dr/Sw by 50's)	
4 x 50 Kick- IM Order @ 1:05	
4 x 100 @ 1:50 (50Combo – 50Swim)	
4 x 100 @ 1:30 Swim	2000
EN1: 8 x 300 w/15rest (100Kick – 200Swim)	
8 x 75 @ 1:25 Kick	5000
Hypoxic: 6 x 50 @ :50 3 Breaths Max	5300
200Loosen	5500

### Workout 6

300Loosen	
[25Kc-Balance / 25Drill] x 6	
5 x 200 w/15rest (50Kick – 50Drill – 100Swim)	
6 x 50 @ :50 Build	1900
EN1: 2 x 100 Kick @ 1:50 100% ]	
3 x 50 Kick @ 1:10 75% ] x 3	2950
EN2: [1 x 200Free @ 2:30 & 4 x 50Ch @ :40-50] x 5	4950
250Loosen	5200
SP3: 4 x 25 @ :45 x 3 (100ez after each round)	5800

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