

## **WORKOUT 7/12/12**

1 X 600 (rotating between swim 100, kick 100, drill 100)

1 X 300 Kick, moderate on odd numbered laps, sprint on even laps, your choice kick

12 x 75 Swim, establish send-off that allows no more than :15 seconds rest

8 X 25 Swim, try for maximum of 3 breaths per lap or less, on :40 second send-off

1 X 100 swim down

TOTAL = 2100 YARDS

**CLEVELAND  
AQUATIC TEAM**