

CAQT



WORKOUTS

Workout 4/12 BY: Todd @ CSU

Warm up: 300 swim
3x100 pull
6x50 kick

Set: ● 6x50s kick w/ :15rest
● 3x150 (50 fly, 50 back, 50
breast) on 2:30 (3:00, 3:30)
● 3x50 on :55/ 2x50 on 1:10
● 3x50 on :50/ 2x50 on 1:05

Cool: 100