

CAQT



WORKOUTS

Workout 4/19 BY: Amy @ CSU

Warm: 200 free/100 no free

Set: 6x50 kick on side rest :10

Set: ladder

50/100/200 rest :10 between

200/100/50 time self rest :30

Set: 10x50

1-5 sprint 1st/coast 2nd

6-10 coast 1st/sprint 2nd

Cool: 200