



Workout 5/10 BY: TODD @ CSU

WARM-UP

1 X 400 Swim

1 X 200 Kick

6 x 50 sculling drill with :20

seconds rest

1 X 100 Easy

MAIN SET

6 x 100 Freestyle on 2:00, 2:15, or
2:30, establish a breathing pattern
for the first 50

1 X 100 easy

WARM DOWN

6 X 50 swim with :20 seconds rest,
(2-focus on stroke technique, 2-
build speed, 2- sprint)