

**CAQT**

**WORKOUTS**



**Workout 5/17 BY: Brad @**  
**CSU**

WARM-UP

300 Swim

6x50 swim build

6x50 kick ½ fast, ½ easy

MAIN SET

200 swim strong

2x50 5 strokes fast, 5 slow

2x100 descend 1, 2

4x50 10 strokes fast, 10 slow

WARM DOWN

100 easy warm down