

CAQT



WORKOUTS

Workout: 6/28/2011

300 Swim

200 Kick, change stroke at the 25

100 Pull, breath every 3rd or 5th stroke

400 Swim, accelerate each 50 into the turns

8 X 100 Swim, freestyle 50, non-freestyle 50 on
:20 seconds rest or :30 seconds rest

4 X 50 Timed, with :10 seconds rest in between for
total time

100 EZ

4 X 50 Timed, with :20 seconds rest in between for
total time

Scott - 2:19

Rob - 3:58

Jim - 2:47

Russ - 4:35

Lisa - 3:55

David - 3:27

Kurt - 3:29

Julio 4:29

TOTAL - 2300 METERS