

# CAQT

## WORKOUTS



### Workout 6/7 BY: Amy @ CSU

Warm up: 200 swim/ 200 kick/ 2x50  
progressively get faster

Set: 6x50 Free--swim Heads up Freestyle in  
solid green middle section

Set:

A Group

100--1:45

200--2:45

300--6:00

B Group

2x50--1:15

100--2:00

200--5:00

100 Easy

4x100 6strokes/6kicks :15 rest

4x50 1--1:30/1:30

2--1:15/1:30

3--1:00/1:15

4--:45/1:15

Cool Down