

# CAQT



## WORKOUTS

### WORKOUT 7/5/11:

#### WARM-UP:

Swim 50-100-150-150-100-50 with 15 SR between each. Mix different strokes and kick

3 X 100 Pull, 1/2 lap breaststroke, 1/2 lap freestyle

1 X 100 Swim

#### MAIN SET:

Swim 6 X 150 on 2:45, 3:00

-or-6 X 100 Swim on 2:15, 2:30, 3:00

1 X 50 easy.

Flip turn work with remaining time.

1 X 50 easy

\_\_\_\_\_2000 meters total