

CAQT



WORKOUTS

9/6/2011 WORKOUT

200 Swim

100 Kick

6 X 50 with :15 seconds rest, easy
down, hard coming back

8 X 50 alt 50 free/50 stroke on 1:00,
1:15, 1:30

4 X 100 Free on 1:45, or :10 seconds
rest

2 X 200 IM with :10 seconds rest
*(optional additional yardage if time
permits:*

400 choice

-or-

3 X 200 IM

4 X 50 sprint on 2:00)

(WILL TOTAL 2800 YARDS/METERS)

200 easy swim

TOTAL = 1800 meters