

<b>Workout #1</b>	@ 3000 yards	@ 2000 yards
<b>Warm-up: Free</b> <u>Swim</u> #1. at 1000 pace #2. 5 seconds faster #3. 5 seconds faster than #2 #4. 5 seconds faster than #3	4 x 250	4 x 200
<b>Butterfly</b> <u>Kick</u> (no board) front, back, side <u>Drill</u> 1 arm, change each length <u>Swim</u>	200 200 2x100	200 100 2x50
<b>Backstroke</b> <u>Drill</u> Delay pull, kick on side <u>Swim</u>	200 100	100 100
<b>Breastroke</b> <u>Swim</u> 1 length normal, 1 length with dolphin kick	200	100
<b>Freestyle</b> <u>Pull</u> hypoxic, 1/3 one length 1/5 next, 1/7 <u>Kick</u>	8x75 200	4x75 200
<b>Swim down</b> <u>Drill</u> free catch-up	200	100