

Workout #2	<i>3200 Yards</i>	<i>2000 Yards</i>
Warm-up <i>Drills Choice</i>	400	300
Freestyle <u>Swim</u> ("on" means starting every forty seconds) <u>Kick</u>	4x50 on :40 4x50 on :50 4x50 on :60 200 8x25 on:40	4x50 on :55 4x50 on :65 4x50 on :75 200 4x25 15 sec.rest
IM <u>Swim</u> <i>Fly + Back</i> <i>Fly + Breast</i> <i>Fly + Free</i> <i>IM</i>	50+150 50+150 50+150 200	25+75 25+75 25+75 100
Choice <u>Pull</u> least favorite stroke <u>Pull</u> favorite stroke <u>Swim</u> timed	4x100 4x50 2x100	4x50 4x25 2x50