

Workout #3	<i>3000 Yards</i>	<i>2000 Yards</i>
Warm-up <u>Swim</u> free	500 #1: 1 length easy, 1 hard, 2 easy, 2 hard, 3, 3, 4, 4. 500 #2 reverse: 4 to 1	500
Fly+Free <u>Swim</u>	100: 25 FLY, 75 free 100: 25 free, 25 FLY, 50 free 100: 50 free, 25 FLY, 25 free 100: 75 free, 25 FLY	50: 25 FLY, 25 free 50: free, FLY 50: FLY, free 50: free, FLY
Back+Breast <u>Swim</u> work turns hard	2x150: 100 back, 50 breast 2x150: 50 back, 100 breast	2x100: 75 back, 25 breast 2x100: 25 back, 75 breast
Free <u>Kick</u> <u>Swim</u>	8x50 on :60 8x75+25: moderate 75, 10 sec rest, then hard 25	6x50 on :75 4x75+25: moderate 75, 10 sec rest, then hard 25
Swim-down <u>Pull</u> free	300	200