

Workout #4	3200 yards	2400 yards
Warm-up		
<i>Drills</i> 1-arm Fly, Breast with fly kick, catch-up free,etc	400	200
Freestyle+stroke	(:20 rests)	
<i>Swim</i> Free	400	400
<i>Swim</i> Favorite stroke	4x100	4x100
<i>Kick</i> Free	300	300
<i>Swim</i> 2nd favorite stroke	6x75	4x75
<i>Pull</i> Free	200	200
<i>Swim</i> 3rd favorite	8x50	4x50
<i>Swim</i> Free	100	100
<i>Swim</i> least liked stroke	10x25	4x25
IM		
<i>Swim</i>	200	100
Swim-down		
<i>Swim</i> Choice	200	100