

KC Wave Workout

7/14/2015

	HARD	HARDER	HARDEST	Time	Clock
Warmup	150 swim 150 kick/drill/swim 300	200 swim 150 kick/drill/swim 50 stroke 400	250 swim 150 kick/drill/swim 100 stroke 500	:10	8:10
Set 1	8 x 50 on 1:20 free 400	8 x 75 on 1:20 (25 stroke, 50 free) 600	8 x 75 on 1:20 (50 stroke, 25 free) 600	:12	8:22
Set 2	150 pull 150	200 pull 200	300 pull 300	:08	8:30
Set 3	6 x 100 on 2:20 free 600	7 x 100 on 2:00 desc 1-3, desc 4-6, hold 7 700	8 x 100 on 1:40 desc 1-3, hold 4 desc 5-7, hold 8 800	:15	8:45
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	8:50
Totals	1600	2100	2400		