

NICK FORGOT CORPORATE CHALLENGE WAS NEXT WEEK AND NEEDS A SPRINT WORKOUT

HARD

HARDER
WARM UP

HARDEST

10 min kick/pull/swim
choose your stroke and distance

MAIN SET

4 x 100 free/back/breast/free on 3:30
1 - HARD free, EASY back, breast, free
2 - EASY free, HARD back, EASY breast, free
3 - EASY free, back, HARD breast, EASY free
4 - EASY free, back, breast, HARD free
15 sec rest per 25

4 x 100 fly/back/breast/free on 3:30
1 - HARD fly, EASY back, breast, free
2 - EASY fly, HARD back, EASY breast, free
3 - EASY fly, back, HARD breast, EASY free
4 - EASY fly, back, breast, HARD free

10 min Block Starts
25 free - walk back to block
Count your strokes

Relays

COOL DOWN

100 free

100 free

100 free