SAMPLE WORKOUTS #2

Workout 1 – 4200

S 100 Fr, 400 Med/Ch

PPT 5 x 100 Fr Ri=10s, <1:30 (1:40, 1:50)

P 5 x 100 Fr Ri=10s, <1:25 (1:30, 1:35)

S 1 x 500 Fr, D by 100’s

K 400 Med/#4

S 4 x 200 #2, <2:30 (2:45, 3:00)

 (2 x D by 100’s, 2 x D by 50’s)

K 400 Med/Ch

S 10 x 50 SP/E (at least 5 must be #4)

Workout #2 – 4400

S 100 Fr, 400 Med/Ch

4 x {P 200 Med Rot/Fr, K 100 Med Rot, S 4 x 50 Med Rot Ri=10s}

S 50-100-150-200 #2 :45s/50 (:50s/50, :55s/50)

S 200-150-100-50 #2 :40s/50 (:45s/50, :50s/50)

S 3 x {100 on 2:00, 2 x 50 on 1:00, 4 x 25 on :30}

 (#3, Fr, Ch)

Workout #3 – 3300

S 600 Med/Fr BKWD

P 10 x 50 Fr D on :50 (:55, 1:00)

S 4 x {100 Fr 1:15 (1:20, 1:25), 75 #2 1:00 (1:10, 1:20), 50 #2/Fr :45 (:50, :55)}

K 10 x 50 on 1:15, <:40 (:45, :50)

S 3 x 200 Ch by 50’s, Ri=0s, 5s, 10s

SP 8 x 25 (200 IM order)

Workout #4 – 4100

S 100 Fr, 400 Med/Ch

P 10 X 50 Fr on :50 (:55, 1:00) D5

S 2 x {300 Fr, 275#2/Fr, 250 #2} everything on 3:30 (3:45, 4:00, 4:15)

K 600 Ch

S 3 x 200 IM broken 25-50-50-50-25, Ri= 0s, 5s, 10s

SP 100 Ch timed

SP 6 x 25 Ch