

Workout of the Month

By Bill Davis

10 minute warm-up - choice

Set I - **"THE PREAMBLE"**:

* 7 X 50 @ 1:00/1:00/1:15 CHOICE DRILL SWIM BY 25

#7 is out to half-way and back to start wall

*4 X 75 @ 1:40/1:50/2:10 K/D/S by 25

* 12 X 25 @ :30/:30/:40 BUILD TO ALMOST FAST



Set II - **"THE 28th AMENDMENT"**:

* 1 X 700 @ 12:30/13:30/15:00 ALT BREATHE EVERY 7, EVERY 4

* 4 X 400 DONE AS:

o #1 PULL @ 6:30/7:30/9:00

o #2 ALT 100 BACK/100 FREE @ 7:00/8:00/9:30

o #3 SWIM W/ FINS @ 7:00/8:00/9:30

o #4 IM @ 7:00/8:00/9:30

(TRI GUYS PADS AND FINS)

* 12 X 100 DONE AS:

o 7 x 100 FREE @ 1:40/1:50/2:10

o 4 X 100 IM @ 1:45/2:00/2:30

o #12 BUST IT BACKSTROKE WHILE SINGING THE NATIONAL ANTHEM LOUDLY @ XX