

Spring Fling Endurance Swim Workout	<i>3200 Meters (2 mile)</i>	<i>1900 Meters</i>
Warm-up <u>Drills</u>	300	150
Freestyle <u>Swim</u> <u>Swim</u> <u>Kick</u> <u>Swim</u> <u>Pull</u> <u>Swim</u>	300 6x50 on:45 or :50 300 6x50 on:40 or :45 300 6x50 on:35 or :40	200 6x50 on :60 200 6x50 on :55 200 6x50 on :50
Breaststroke <u>Kick</u>	200	150
IM Butterfly,Back,Breast,Free <u>Swim</u>	400	100
Sprint Free <u>Swim</u>	8x25	4x25
Swim-down	100	100