

Workout of the Month

by *Coach FrankBy Frank McGrath*

Warmup:

Swim 500 - Kick 300 - Swim 400 - Pull 300 - Swim 200

2nd Warmup:

12 x 50 in IM order (RI 10)

200 IM



Four times through: 10 x 50 (RI 10)

30 Sec rest after each set.

Times on all 50s are to be the same. This is a good pace set.

200 cool down