

**This workout is designed for 50 meter pool. Adjust if you are in a short course pool.**

**1) 6x50- half length drill, half length swim**

**2) 50-100-150-200-250-200-150-100-50, pace set. Slight increase in speed on the back half of the pyramid.**

**3) 4x100 kick**

**4) 150-50, 150 easy, 50 is fast -repeat 5 times. Mix in different strokes. 10 seconds rest at 150 and 30 after the 50.**

**Hope you enjoy it.**

**Clay**