

# Workout 16

## Lanes 1&2

### Warm Up:

200 Choice

300 as 25 Ba/25Fr/25Br/25 Fr

100 Kick

200 Pull (Paddles/Pull Buoy/Band)

800m

### Main Set:

16x 50 @ 1:00/1:05

1-4 25 Fl/25 Ba

5-8 25 Ba/25 Br

9-12 25 Br/25 Fr

13-16 25 Fr/25 Fl

2x300 @ 4:30/5:00 (Paddles/Pull Buoy/Band)

- breathe every 3rd stroke

6x 25 Fly @ 40/45

2x 200 Free @ 3:10/3:30

- build by 50

6x 25 Back @ 35/40

3x 100 IM @ 1:50/2:00

6x 25 Breast @ 40/45

100 EZ Warm Down

2650m

3450m

# Workout 16

## Lanes 3&4

### Warm Up:

200 Choice

250 as 25 Ba/25Fr/25Br/25 Fr

100 Kick

150 Pull (Paddles/Pull Buoy/Band)

700m

### Main Set:

12x 50 @ 1:10/1:15

1-3 25 Fl/25 Ba

4-6 25 Ba/25 Br

7-9 25 Br/25 Fr

10-12 25 Fr/25 Fl

300 (Paddles/Pull Buoy/Band)

- breathe every 3rd stroke

6x 25 Fly @ 50/55

2x 200 Free @ 4:15/4:30

- build by 50

6x 25 Back @ 45/50

2x 100 IM @ 2:15/2:30

6x 25 Breast @ 50/55

100 EZ Warm Down

2050m

2750m