

# Workout 15

Lanes 1&2

## Warm Up:

300 Choice - mix it up  
4x 75 Kick/Drill/Swim  
200 Pull  
100 Kick

(900)

## Main:

10 x 50 @ 55/1:00 Sprint  
3 x 200 @ 3:00/3:30 hold pace  
10 x 50 @ 55/1:00 Sprint  
4 x 200 @ 3:00/3:30 PULL Descend 1-4  
6x 50 @ 55/1:00 Descend 1-3, 4-6

(2700)  
3600)

Warm Down

# Workout 15

Lanes 3&4

## Warm Up:

200 Choice mix it up  
4x 75 Kick/Drill/Swim  
200 Pull  
100 Kick

(800)

## Main:

6 x 50 @ 1:10/1:15 Sprint  
3 x 200 @ 3:45/4:00 hold pace  
6 x 50 @ 1:10/1:15 Sprint  
4 x 150 @ 3:45/4:00 PULL Descend 1-4  
6x 50 @ 1:10/1:15 Descend 1-3, 4-6

(2100  
2900)

Warm Down