Print this out, place on a wet kickboard. The paper should stay on the kickboard when wet and act like a tablet.

**3300 yd/m Swim Workout**

You will need a kickboard and pull-buoy for this workout. Your pool facilities should have these available. If not, you can do everything swim.

**Warm-up**

1 x 600 Swim

1 x 400 Pull

1 x 200 Kick

**Intermediate Set**

8 x 75 Odd #’s Descend each 25 yds @ 1:25

Even #’s 25yds Fast kick/50yds Swim

6 x 50 Pull 3 @ :55

3 @ :45

8 x 25 Odd #’s Breakout (Fast first couple of yds) @ :30

Even #’s Build

**Main Set**

8 x 100 Max Effort @ 3:00

**Cool down**

1 x 200

Total: 3300 yds or meters