

A, B, C (4 Person Team Workout)

Warm-up

- 300 S/K/P
- 8 x 50 Drill

Main Set

- 800 Relay
 - 4 x 50 Sprint from Blocks
 - Go for time
- 100 Easy
- 200 Pull
- 800 Relay
 - 4 x 50 Sprint from Blocks
 - Go for time (try and improve)
- 100 Easy
- 200 Kick (50 Hard / 50 Easy)
- 800 Relay
 - 4 x 50 Sprint from Blocks
 - Go for time (try and improve)
- 100 Easy
- 200 Pull

- 800 Relay
 - 4 x 50 Sprint from Blocks
 - Go for time (try and improve)

Cool Down

- 200 easy

Total: 3200 / Swimmer

Note: You will want to have 4 swimmers for this workout. Keep track of times and members. Allowing you to track progress when you return to this workout.