

## Beginner Sprint Workout

Warm up  
300 Choice  
300 Free

Set  
12x75 Stroke  
Progressive R:30"

Pull & Kick  
6x150 R:30"  
50 Pull - 100 Kick

Set  
10x50 Int.1'  
1 Easy - 1 Stroke

Cool Down  
200 easy

3200 yards