

**Workout #31795 - Thursday, 25 July 2024**  
**Group 2 - Race day warmup**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	5:30 PM	1 on 15:00 DS/Dryland	REC	L	DRY	
300	5:45 PM	1 x 300 on 5:00 Freestyle Drill	REC	D	FR	1:40
150	5:51 PM	10 x 15 on :45 Racing Skills-Choice Shooters	SP3	S	CHO	5:00
400	6:00 PM	4 x 100 on 2:30 Kick	EN1	K	CHO	2:30
600	6:11 PM	12 x 50 on 1:30 Down Drill Back Build	EN1	S	CHO	3:00
		3 on each stroke				
300	6:30 PM	12 x 25 on :45 Variable Speed	EN1	S	CHO	3:00
50	6:40 PM	2 x 25 on 2:30 OTB	SP3	S	CHO	10:00
200	6:46 PM	1 x 200 on 4:00 Stroke Drills	REC	D	CD	2:00
	6:50 PM	1 on 10:00 Game or Relay	REC	D	CHO	
	7:00 PM	2,000 Yards - Stress Value = 21				