**Workouts for 24-28**

**Should be done as close to prescribe times as possible**

1. **2X(3X150 flys with 20 meter jog into top speed)**

**After 150 jog very easy at 20 meters build to 150 mark then full speed 17.5 or less**

**Do 3 followed by second set**

**In between sets walk 400 and jog 5 minutes**

**400 guys see me you will do something a little different**

**Repeat cycle**

**Rest Day handoffs, jumps, blocks**

1. **Matching descending 200 (clean up hands and marks)**

**2 sets of 200 descending from:32,:30,:28 :26**

**300 walk jog between sets**

**10 minute cool and stretch after last set**

**Short week**

**Rouse Meet Thursday for freshmen and select JV**

**Friday for select JV and Varsity**