

Workout 1 Tuesday 8/15/2017

Advanced

| | |
|-----------|---|
| Warm up | 200 free |
| Main set | 4x100 (50 kick, 50 swim) 100 free 50 back 3:00min free kick 100 free 50 back 4x25 fast 10sec rest 200 free |
| Cool down | 100 choice |

Total: 1300

Beginner:

| | |
|-----------|--|
| Warm up | 100 free |
| Main set | 2x100 (50 kick, 50 swim) 50 back 1:00min free kick 100 free 50 back 2x25 fast free 10sec rest 100 free |
| Cool down | 100 choice |

Total: 750

Workout 2 Thursdays 8/17/2017

Advanced:

| | |
|-----------|--|
| Warm up | 100 choice |
| Main set | 300 free 4x50 pull 4x50 kick 4x50 swim 200 free 6x25 sprint |
| Cool down | 100 choice |

Total: 1450

Beginner:

| | |
|-----------|--|
| Warm up | 100 choice |
| Main set | 200 free 2x50 pull 2x50 kick 2x50 swim 100 free 4x25 sprint |
| Cool down | 100 choice |

Total: 900

Workout 3 Tuesday 8/22/2017

Advanced:

| | |
|-----------|---|
| Warm up | 100 free |
| Main set | 4x75 free 1x200 2x100 kick 1x200 free 2x150 pull 4x50 (25 drill,25 swim) 200 free |
| Cool down | 100 choice |

Total: 1800

Beginner:

| | |
|-----------|---|
| Warm up | 100 free |
| Main set | 2x75 free 100 kick 200 free 2x50 kick 100 free 150 pull 4x50 (25 drill,25 swim) 100 free |
| Cool down | 100 choice |

Total: 1300

Workout 4 Thursdays 8/24/2017

Advanced:

| | |
|-----------|---|
| Warm up | 100 choice |
| Main set | 2x100 (50 fly, 50 back) 50 free 2x100 (50 breaststroke,50 free) 50 free 100 IM 2x100 (50 fly, 50 back) 50 free 2x100 (50 breaststroke,50 free) 100 IM |
| Cool down | 100 choice |

Total: 1800

Beginner:

| | |
|-----------|--|
| Warm up | 100 choice |
| Main set | 2x50 (25 free, 25 back) 50 free 2x50 (25 back, 25 free) 100 free 2x50 (25 free, 25 back) 50 free 2x50 (25 back, 25 free) 100 free |
| Cool down | 100 choice |

Total: 900