

Workout 1 (Free) Tuesday 1/9/2018

Advanced

Warm up	100 free 100 choice
Main set	200 free 4x75 free (kick,drill,swim) (20sec rest) 100 free pull (10sec rest) 75 free pull (10sec rest) 50 free pull (10sec rest) 25 free pull (10sec rest) 100 free kick (10sec rest) 75 free kick (10sec rest) 50 free kick(10sec rest) 25 free kick(10sec rest) 200 free
Cool down	100 CHOICE

Total: 1450



Workout 2 (IM) Thursday 1/11/2018

Advanced

Warm up	100 free 100 choice
Main set	8x25 IM order 100 IM (10sec rest) 75 fly (kick,drill,swim) (10sec rest) 75 back (kick,drill,swim) (10sec rest) 75 BR (kick,drill,swim) (10sec rest) 75 free (kick,drill,swim) (10sec rest) 100 IM (10sec rest) 100 choice 8x25 free sprints (10sec rest)
Cool down	100 CHOICE

Total: 1212

