

Workout 3 (Free) Tuesday 1/16/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	<p>200 free 100 free kick</p> <p>*ALL FREE 25 breathe every 3 25 breathe every 5 25 breathe every 7 25 breathe every 9 25 breathe every 11 25 take one breath 4X25 butterfly kick to the cone <u>sprint rest of the way</u></p> <p>*ALL FREE 25 breathe every 3 25 breathe every 5 25 breathe every 7 25 breathe every 9 25 breathe every 11 25 take one breath 4X25 butterfly kick to the cone <u>sprint rest of the way</u> 200 free Dive if have time</p>
Cool down	100 ch

Total: 1000



Workout 4 (IM) Thursday 1/18/2018

*If there is a stroke you don't know pick a stroke you do know.

Advanced:

Warm up	100 CH
Main set	50 25, 25 BK 2X75 25 FL, 25 BK, 25 BR 2X100 50 BK, 25 BR, 25 FR 200 FR 2X50 25 FL, 25 BK 4X75 25 BK, 25 BR, 25 FR 2x100 IM *KICKBOARD 200IM KICK
Cool down	100ch

Total: 1400

Beginner:

Warm up	100 CH
Main set	50 25, 25 BK 2X75 25 FL, 25 BK, 25 BR 2X100 50 BK, 25 BR, 25 FR 200 FR 2X50 25 FL, 25 BK 4X75 25 BK, 25 BR, 25 FR 2x100 IM *KICKBOARD 200IM KICK
Cool down	100ch

Total: 1400

