

## Workout 21 Tuesday 10/24/2017

Advanced /Beginner / Starter

Warm up	100 free 100 choice
Main set	4x75 (25 kick, 25 drill, 25 swim)  100 free  100 free kick  300 free  DIVE (choice dive in walk around choice)
Cool down	100 CHOICE

**Total: 1000**

**Workout 22 Thursday 9/21/2017**

Warm up:

100 free

100 ch

# **TIME TRIAL**

Cool down:

100ch