

Workout 15 Tuesday 10/3/2017

Advanced /Beginner / Starter

Warm up	100 free 100 choice 100 kick
Main set	4x75 choice, free 4x100 choice, free 8x25 sprint 100 free kick 100 free swim STARTS/DIVES
Cool down	100 CHOICE

Total: 1500

Workout 16 Thursday 10/5/2017

Advanced /Beginner / Starter

Warm up	200 free 100 choice
Main set	2x100 IMs 3X125 (100 free, 25 fly 25 back 25 breast 200 choice kick 6x50 free 8x25 IM order
Cool down	100 CHOICE

Total: 1675