

Workout 14 (Free) Tuesday 2/13/2018

Workout	<i>3000 yards</i>	<i>2300 yards</i>
Warm-up <i>Swim</i>	100	100
Free+Choice <i>Kick</i>	200 12x25 10 sec.rest	200 8x25 15 sec.rest
<i>Pull</i>	200 12x50 rest as needed	200 8x50 on :75 or less
<i>Swim</i>	200 12x75 rest as needed	200 8x75 on :75 or less
Free <i>Drills</i>	200	100
<i>Swim</i>	100	100
<i>Kick</i>	200	100
Cool-down <i>Drill free skate completely on each side each stroke, hold it for several kicks</i>	100	100



Workout 15 (IM) Tuesday 2/15/2018

WORKOUT	<i>2600 yds.or m.</i>	<i>1400 yards</i>
Warm-up: Free	100	100
Butterfly		
<u>Kick</u>	200	100
<u>Drill</u> 1-arm	200	100
<u>Pull</u> 1 length Fly, 1Fr,etc	2x100	2x50
Backstroke		
<u>Kick & Swim</u> alternate lengths (no board)	100 kick,100 swim	100 kick, 100 swim
Breaststroke		
<u>Pull</u>	200	100
<u>Drill</u> 1pull, 2 kick; 2 pull, 1 kick; one pull, one dolphin kick	200	100
Freestyle		
<u>Drills</u> 1-arm, ripple, catch-up, hesitation	200	200
IM		
<u>Swim</u>	400	200 (rest as needed)
Swim-down		
Choice	100	100

