

Workout 16 (Free) Tuesday 2/20/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	4x25 (breathe every- 3,5,7, tack one breathe) 100 free (swim) 10sec 100 free (kick) 10sec 8x50 (50 pull/paddle, 50 swim) 10sec 100 free 100 kick *fins 8x50 (50 free,50 CH) *fins 8x25 fast free (10sec)
Cool down	100 ch

Total: 1600



Workout 17 (Free) Thursday 2/22/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	100 IM Fly 4x25 kick (10sec) 4x25 drill (10sec) 4x25 swim (10sec) 100 IM Back 4x25 kick (10sec) 4x25 drill (10sec) 4x25 swim (10sec) 100 IM BR 4x25 kick (10sec) 4x25 drill (10sec) 4x25 swim (10sec) 100 IM Free 4x25 kick (10sec) 4x25 drill (10sec) 4x25 swim (10sec) 200 IM
Cool down	100 ch

Total: 2000

