

Workout 18 (Free) Tuesday 2/27/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	200 free 4x75 (25 kick, 25 drill, 25 swim) 100 free 200 pull 8x50 (odd=fast, even= slow) 100 ch 100 ch kick 150 free
Cool down	100 ch

Total: 1750



Workout 19 (IM) Thursday 3/01/2018

Advanced /Beginner / Starter

Warm up	300 ch
Main set	200 IM (10sec) 2x25 fly (10sec) 2x25 back (10sec) 2x25 BR (10sec) 2x25 free (10sec) 100 IM 200 IM kick 100 IM swim 2x50 free (10 sec) 8x25 free (10sec)
Cool down	100 ch

Total: 1500

