

Workout 12 (Free) Tuesday 2/06/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	300 free 4x25 free kick streamline (10 sec) 4x50 free drill (1. Fingertip drag, 2. Sharks fin, 3. Tarzan, 4. Catch up) 100 free 8x25 (dolphin kick to cone and sprint) 100 back 200 free pull 100 free drill with kickboard 100 kick 200 free
Cool down	100 ch

Total: 1800



Workout 13 (IM) Tuesday 2/08/2018

Advanced /Beginner / Starter

Warm up	100 ch
Main set	200 freestyle, moderate 2x50 drill breast/50 swim breast 100 free 100 BR 8 x 50 Pull freestyle (10-second rest) 200 IM kick 8 x 50 IM (50 drill, 50 swim)
Cool down	100 ch

Total: 1700

