

Workout 5 Tuesday 8/29/2017

Advanced:

Warm up	100 free
Main set	4x75 kick, drill, swim 200 free 100 free 50 free 2x150 pull 200 free 100 (not free) 2x50 Tread water 1min swim 50 free
Cool down	100ch

Total: 1550

Beginner:

Warm up	100 free
Main set	4x50 kick, drill, swim 150 free 100 free 50 free 2x100 pull 100 free 50 (not free) 2x50 Tread water 1min swim 50 free
Cool down	100ch

Total: 950

Starter:

*If you can't do Backstroke do free.

Warm up	50 free
Main set	50 free kick 50 BK kick 50 free 50 BK 4x25 free 4x25 BK
Cool down	50 free

Total: 500



Workout 6 Thursdays 8/31/2017

*If there is a stroke you don't know pick a stroke you do know.

Advanced:

Warm up	100 free
Main set	2X50 fly (25drill,25 swim) 50 fly kick 2x50 BK (25drill,25 swim) 50 BK kick 2x50 BR 50 BR kick 2x50 free 50 free kick 100 IM 100 IM kick 200 free 4x25 fast free
Cool down	100ch

Total: 1400

Beginner:

Warm up	100 free
Main set	2X50 fly (25drill,25 swim) 50 fly kick 2x50 BK (25drill,25 swim) 50 BK kick 2x50 BR 50 BR kick 2x50 free 50 free kick 100 IM 100 IM kick 200 free 4x25 fast free
Cool down	100ch

Total: 1400



Starter:

*If you can't do Backstroke do free.

Warm up	50 free
Main set	25 free 25 bk 2x50 kick free 2x50 kick bk 2x50 free 2x50 bk
Cool down	50 free

Total: 550

