

Workout 7 Tuesday 9/05/2017

Advanced:

Warm up	100 free
Main set	1min tread 3x 50 free, 50 catch up 2x100 NO WALLS 2min tread 300 free with or without paddles 10x50 5 butterfly kicks off each wall 5x50 kick
Cool down	100ch

Total: 1750

Beginner:

Warm up	100 free
Main set	1min tread 3x 50 free, 50 catch up 2x100 NO WALLS 2min tread 200 free with or without paddles 6x50 5 butterfly kicks off each wall 3x50 kick
Cool down	100ch

Total: 1350

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 100 free 75 free 50 free 25 free
Cool down	50 free

Total: 650



Workout 8 Thursday 9/07/2017

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

Advanced:

Warm up	100 free
Main set	10x50 IM 2X100 IM 2X100 IM kick 50 fly kick 50 bk kick 50 br kick 50 free kick 200 IM 50 easy GET OUT 100 IM FAST 100 IM FAST kick
Cool down	100ch

Total: 1750

Beginner:

Warm up	100 free
Main set	5x50 IM 100 IM 100 IM kick 50 fly kick 50 bk kick 50 br kick 50 free kick 100 IM 50 easy GET OUT 100 IM FAST 100 IM FAST kick
Cool down	100ch

Total: 1250



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 100 free 75 free 50 free 25 free 100 free
Cool down	50 free

Total: 750

