

Workout 9 Tuesday 9/12/2017

Advanced:

Warm up	500 free
Main set	4x25 build speed throughout each 25 (10 sec rest) 50 all-out fast (30 sec rest) 25 easy (30 sec rest) 2x25 all-out fast (20 sec rest) 3x100 moderate (15 sec rest) 3x100 (drill,kick,swim) 3x100 (slow,medium,fast)
Cool down	100ch

Total: 1725

Beginner:

Warm up	300 free
Main set	4x25 build speed throughout each 25 (10 sec rest) 50 all-out fast (30 sec rest) 25 easy (30 sec rest) 2x25 all-out fast (20 sec rest) 3x100 moderate (15 sec rest) 3x100 (drill,kick,swim) 3x100 (slow,medium,fast)
Cool down	100ch

Total: 1525

Starter: *If you can't do Backstroke do free.

Warm up	100 free
Main set	50 free 50 flutter kick with kickboard on front 50 flutter kick with kickboard on back 5x50 free breath every 3 strokes 50 free 50 back 100 free 100 back 200 free
Cool down	50 CH

Total: 1050



Workout 10 Thursday 9/14/2017

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

Advanced:

Warm up	100 CH
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: 1725

Beginner:

Warm up	100 CH
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: 1525



Starter: *If you can't do Backstroke do free.

Warm up	100 free
Main set	50 free 50 flutter kick with kickboard on front 50 flutter kick with kickboard on back 5x50 free breath every 3 strokes 50 free 50 back 100 free 100 back 200 free
Cool down	50 CH

Total: 1050

