

Workout 10 Tuesday 9/19/2017

Advanced:

Warm up	100 ch
Main set	*fins 2x75 (25k,25DR,25SW) 100 free 2x75 (25k,25DR,25SW) 200 free 2x75 (25k,25DR,25SW) 300 free 2x75 (25k,25DR,25SW) 100 free
Cool down	100 ch

Total: 1500

Beginner:

Warm up	100 ch
Main set	*fins 2x75 (25k,25DR,25SW) 100 free 2x75 (25k,25DR,25SW) 200 free 2x75 (25k,25DR,25SW) 200 free 2x75 (25k,25DR,25SW) 100 free
Cool down	100 ch

Total: 1400

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

Warm up	100 free
Main set	*fins 25 free 50 free 75 free 100 free 150 free 200 free 150 free 100 free 75 free 50 free 25 free

Cool down	100 CH
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Total: 1200

Workout 11 Thursday 9/21/2017

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

Advanced:

Warm up	100 CH
Main set	300 IM – 25 kick, 25 drill, 25 swim of each stroke 100 IM 4X25 FLY with fins 100 IM 4x25 back 100 IM 4X25 BREAST 100 IM 4X25 free 200 IM
Cool down	100ch

Total: 1500

Beginner:

Warm up	100 CH
Main set	300 IM – 25 kick, 25 drill, 25 swim of each stroke 100 IM 4X25 FLY with fins 100 IM 4x25 back 100 IM 4X25 BREAST 100 IM 4X25 free 200 IM
Cool down	100ch

Total: 1500

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