

Workout 1		
4 x 75	25 backstroke, 25 breaststroke, 25 freestyle	15 seconds rest
8 x 25	Odds – one arm butterfly Events – whale tail breaststroke	15 seconds rest
4 x 75	25 butterfly, 25 backstroke, 25 breaststroke	15 seconds rest
8 x 25	Odds – rainbow drill freestyle Evens – zipper drill backstroke	15 seconds rest
4 x 50	Freestyle – descend (each 50 should be faster than last)	15 seconds rest
4 x 25 1 x 50 1 x 50 3X	IM order Fast (round 1 – backstroke, round 2 – breaststroke, round 3 – freestyle EZ freestyle	15 seconds rest 15 seconds rest 15 seconds rest
10 x 25	Odds – side kick dolphin Evens – side kick flutter	10 seconds rest
1 x 100	EZ swim	

Workout 2		
4 x 50 3 x 50	Freestyle – 25 ohio drill, 25 swim Breaststroke – 25 one stroke, two kicks, 25 swim	15 seconds rest 15 seconds rest
2 x 50 1 x 50	Backstroke – 25 okey dokey, 25 swim Butterfly – 25 one arm, 25 swim	15 seconds rest
4 x 25 4 x 25 2X	IM order – good streamlines Freestyle – 6 fast strokes, 6 EZ	15 seconds rest 15 seconds rest
3 x 50	Switchers (fly to back, back to breast, breast to free)	15 seconds rest
3 x 50	Freestyle – 25 fast, 25 EZ	15 seconds rest
3 x 50	Switchers (fly to back, back to breast, breast to free)	15 seconds rest
3 x 50	Freestyle – 25 EZ, 25 fast	15 seconds rest
10 x 25	Odds – torpedo dolphin kick Evens – torpedo backstroke kick	15 seconds rest
1 x 100	EZ swim	