

Workout	Don't breathe on your first stroke	Go home tired
1 x 50 1 x 50 1 x 50 1 x 50 2X	Freestyle Breaststroke Backstroke One arm butterfly	15-20 seconds rest
4 x 25 2X	IM order kick on back	10-15 seconds rest
6 x 50	Events – 25 fist, 25 freestyle Odds – 25 okey dokey, 25 backstroke	15 seconds rest
4 x 25	IM order kick on back	10-15 seconds rest
4 x 50	25 – 2 butterfly, 2 breaststroke 25 – Breaststroke	15 seconds rest
8 x 25 with fins	Odds – underwater dolphin kick Evens – butterfly	15 seconds rest
3 x 50 4 x 25 3 x 50 4 x 25 3 x 50 4 x 25 3 x 50 4 x 25	IMs Butterfly - fast Long/strong backstroke Fast backstroke Long/strong breaststroke Fast breaststroke Long/strong freestyle Fast freestyle	15 seconds rest 20 seconds rest 15 seconds rest 20 seconds rest 15 seconds rest 20 seconds rest 15 seconds rest 20 seconds rest
2 x 75 warm down	25 back, 25 breast, 25 free	10-15 seconds rest