

Workout	Don't breathe on your first stroke	Go home tired
4 x 75	25 – backstroke	15-20 seconds rest
4 x 25	25 - breaststroke	
3 x 50	25 – freestyle	
	IM order kick on back	10-15 seconds rest
	25 – Ohio drill, 25 freestyle	15 seconds rest
2 x 75	25 - butterfly	15-20 seconds rest
	25 – backstroke	
	25 – breaststroke	
4 x 25	Odds – dolphin side kick	10-15 seconds rest
	Event – flutter side kick	
3 x 50	25 – 3/3 one arm back, 25 backstroke	15 seconds rest
2 x 75	25 - butterfly	15 - 20 seconds rest
	25 – backstroke	
	25 – breaststroke	
4 x 25	Odds – torpedo dolphin kick	10-15 seconds rest
	Evens – torpedo breaststroke kick	
3 x 50	25 one arm fly, 25 breaststroke	15 seconds rest
4 x 25	Butterfly - fast	15-20 seconds rest
4 x 50	Freestyle – long/strong	
4 x 25	Backstroke – fast	
3 x 50	Freestyle – long/strong	
4 x 25	Breaststroke – fast	
2 x 50	Freestyle – long/strong	
4 x 25	Freestyle – fast	
1 x 50	Freestyle - EZ	
100 warm down	EZ choice swim	