

Workout	Remember to work your streamlines	Go home tired
4 x 50 3 x 50 2 x 50 1 x 50	Freestyle Breaststroke Backstroke Butterfly Count strokes and reduce on the second 25	15 seconds rest
4 x 25 4 x 25 4 x 25 2X	IM order – kick on back IM order – drill of your choice IM order swim	10-15 seconds rest
4 x 50	Freestyle – 25 fast, 25 long	10-15 seconds rest
4 x 125	IM 1) 50 fly, 25 back, 25 breast, 25 free 2) 25 fly, 50 back, 25 breast, 25 free 3) 25 fly, 25 back, 50 breast, 25 free 4) 25 fly, 25 back, 25 breast, 50 free Go fast, push the 50	20-30 seconds rest
3 x 25 Kickboard 4X	1) flutter kick 2) pull with board (use board as pull buoy) 3) swim freestyle with board	10 seconds rest
4 x 25 2X	Choice – fast	15 seconds rest
1 x 200	EZ warm down	