

Storm Swim Team

SENIOR/ NATIONAL WORKOUT

Warm Up

400 Loosen @	6:15
800 Kick- 200 IM FAST; 200 Ch DPS @	14:30
16 x 25	
4 Br Drop STK 1-4 @	:35
4 Sw Fr @	:20

Br/Fr Main(63 min)

5 x 200 @	3:30	3:45		
- 100 Br Pull; 100 Br w/6beat free k (leg and arm tempo focus)				
7 x 150 @	2:15	2:25		
#1= Fr	#2= 25Br/125Fr	#3=50/100	#4= 75//75	#5=100/50
#6=25/125	#7=150 Br			
2 x 25 Free AFAP		@		:30
5 x pushups				
5x	10 x crunches		@	4:00/Rnd
	5 x streamline jump			
	2 x 25 HVO Fr	@		:45
1 x 500 Free w/ paddles Bal Breathing				

Free K Set w fins (17 min)

	1 x 100 Kick @	1:45
2x	1 x 200 Kick @	2:45
	1 x 300 Kick @	3:45

Cooldown