Coach Sebastian’s work out

Swim:

2x

200 Freestyle

200 Choice Non-Free

200 IM

8x50 kick IM Order

8x25 Variable Sprints

By each 25 is as follows and is repeated twice

(Half Easy/ Half Fast)

(Half Fast/ Half Easy)

(Full Fast)

(Full Easy)

Dryland:

10 mins stretch

3x

20 Jumping jacks

20 Jump squats

20 Burpees

15 Pushups

1 Mile run

10 Mins stretch