

Workouts for August

Warm up on your own then:

4x

50 build @ 1:20

50 @ :40/:45/:50 **100%

2x25 @ :20/:25/:30

6x26 @ :30 EZ

400 swim

200 pull

100 kick

25 soldier kick

25 11 kick

25 scull

25 bow drill

3x

4x75 80%

3x50 90%

2x25 100%

5x

june 6th

200 swim

5x100 25 scull/75 bld

4x25@:40 position 11 kick keep hips up high

4x150 80%

repeat 25's

4x100 85%

repeat 25's

4x50 90%

100 easy

6x100@:15 rest

odds: free evens: non free

3x(4x25@:40 pull w/tennisball

(3x25@:40 bow drill

(3x25@:30 d1-3

(50 swim DPS

9x75@1:10/1:20/1:30

2-80%

1- 95%

july-27th

100 free

100 choice

100 kick

100 pull

100 free faster

rest :15-20 between

25 11 kick@:45

25 slow catch up @:45

25 catch up@:40

25 free dps@:40

4x

3x50@1:00 pull D1-3

3x75@1:20 free D1-3

50 free@ 1:00

25 choice easy@40

100 free@1:30

25 choice easy@40

50 free@1:00

25 choice easy@40

100 free@1:30

1:00 rest

2x