

Suggested Warmup for All Workouts

2:00 Freestyle, Breath Every 3 or Every 2 Changing sides every 10 Stroke
2:00 Choice Kick
1:00 Backstroke
1:00 Breaststroke
:30 Butterfly
4x:15 Sprint Choice Stroke, :30 Rest

Aerobic Freestyle-15 Minutes

4xThru
2:00 80-85% Freestyle
:30 Rest
4xThru
1:00 85-90% Freestyle
:20 Rest

Aerobic IM- 15-20 Minutes

4xThru
10 Strokes Butterfly 80-85%
10 Strokes Breaststroke 80-85%
10 Strokes Freestyle 80-85%
:10 Rest-Adjust Tether if needed
20 Strokes backstroke 80-85%
4xThru
:30 Dolphin Kick 90-100%
:30 Breaststroke Kick 90-100%
:30 Flutter Kick 90-100%
:10 Rest- Adjust Tether if needed
:30 Backstroke Flutter Kick 90-100%
:30 Backstroke Dolphin Kick 90-100%

Backstroke-Aerobic/Sprint- 14 Minutes

3xThru
:30 Dolphin Kick on Back 90-100%
1:00 Backstroke Swim 80-85%
:30 Flutter Kick on Back 90-100%
:30 Rest
3xThru
:30 Backstroke 90-95%
:30 Rest
:30 Dolphin Kick on Back 95-100%
:30 Rest

Butterfly-12 Minutes- Can also be done Breaststroke

8xThru

10 Strokes Fly, breathing every 2

:10 Rest

1:00 Dolphin Kick 85-90%

:30 Rest

Sprint Kick-16 Minutes

4xThru

:30 Sprint Kick Choice

:15 Rest

4xThru

:45 Sprint Kick Choice

:30 Rest

4xThru

1:00 Sprint Kick Choice

1:00 Rest

Aerobic Kick-16 Minutes

3xThru

2:00 Kick Choice 85-90%

:30 Rest

3xThru

1:00 Kick Choice 85-90%

:10 Rest

1xThru

5:00 Kick Choice 85-90%

Pushoff Challenge

20xPushoffs from Side of home pool, making it to other side with as much velocity as possible without kicking underwater