**Bronze Swim Warm-up and Workouts S&C with Water Challenge Week 1**

2 x 50 Free @1:45

2 x 50 Kick @1:45

3 x 50 Pull paddles and buoys, skull across and swim free coming back @2:00

IM: 50 back, 25 back/25 breast, 50 breast, 25 breast/25fly, 50 fly @1:45

4 x 25 Underwater dolphin kick with fins @:45

1- stomach, 1- right side, 1- left side, 1- on back

100 Free @3:00

**All workouts begin with warm-up. Cool down is 100.**

**Workout #1**

Set #1:

4 x 50 drill/build no free @1:45, do 1 50 of each stroke

2 x 75 kick with board, IM order with no free kick @3:30

2 x 100 with board and fins free kick rest 1:00 between 100’s

2 x 50 @1:30 Go a good pace 1st 50 is fly/back, 2nd 50 is breast/free

**Workout #2**

Set #1:

3 x 50 IM transition work turns @1:45

4 x 75 floating 50 Odds Bk spindrill/sw; Evens Br shooter/swim @2:30

1 x 100 @2:45

2 x 50 for a time rest 2:00 between each

**Workout #3**

Set #1:

2 x 100 free @3:30

1 x 100 free paddles and buoy STROKE COUNT keep a good pace

2 x 50 free paddles @2:30

4 x 50 IM transition fly/back, back/breast, breast/free, free/fly