**Bronze Swim Warm-up and Workouts Week of September 28, 2020**

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:

2x100 Kick Negative split by 50’s @2:30-3:00

2x75 25k/25dr/25sw @2:00-2:45

2x75 Descend @2:00-2:30

2x50 ALL OUT @2:00

**Workout #2**

Set #1: **2x**, 1 round per stroke, use fins first round, no fins second round with board

1 x 75 K

1 x 75 Dr

1 x 75 Build

**Workout #3**

Set #1:

1 x 100 Fr on interval meet time plus :20

1 x 150 Fr paddles & buoy on interval plus :45 count your strokes

1 x 150 Fr paddles on interval plus :40

1 x 100 Fr k on interval plus :20

Set #2:

2 x 50 IM transitions @1:30 (25fly/25back) (25breast/25free)

1 x 100 Reverse IM @3:00-3:30