**Bronze Swim Warm-up and Workouts Week of September 21, 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:

4x50 drill/build NO free, with paddles @2:00

2x75 descend, NO free, no paddles, all same stroke @3:00

1x100 IM descend @3:30-4:00

Work on turns and streamlines

**Workout #2**

Set #1:

200 Free, broken at the 50 mark for :15 rest

200 Kick with board and fins, broken at 100 for :15 rest

4x50 drill/build @1:45

2x100 only the 2nd can be free, 1st must be another stroke, go at a good pace. Rest 2:00 between

**Workout #3**

Set #1:

4x50 IM transition, one of each stroke @2:00

4x75 with a floating 50 of swim and 25 of drill

 Backstroke: spindrill

 Breastroke: shooters

 Freestyle: thumb drag

 Butterfly: 2-2-2

1x100 For time