**Bronze Swim Warm-up and Workouts for Week 3-13**

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:**

4 x 75 IM 25 kick/25 drill/25 swim for each stroke, @1:00 rest between 75’s

4 x 25 IM order, get up and move @1:00 rest between 25’s

**Workout #2:**

8 x 50 Odds free and evens prime, 25 kick/25 drill then next time with that stroke is 25 kick/25 swim @1:00 rest

4 x 25 odds free , evens prime, get up and move, @1:00 rest between 25’s

**Workout #3:**

5 x 100 free kick with board or in streamline, with fins @3:00

4 x 25 odds free, evens choice no free, get up and move, @1:00 rest between 25’s