**Bronze Swim Warmup and S&C Challenge with Water Week 4 (19)**

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:

2 x 100 kick @3:30 fins and board

2 x 50 dr/sw @2:30

2 x 50 k/sw@2:30

2 x 50 @1:10 Good strong pace

**Workout #2:**

Set #1:

2x:

1 x 25 fly @1:00

1 x 25 Bk @1:00

1 x 25 Br @1:00

3 x 25 Fr @1:00 Good strong pace

**Workout #3:**

Set #1:

10 x 50 @2:00

 2 x fly/spin drill

 2 x Fly/sprint

 2 x back/shooters

 2 x back/sprint

 2 x Breast/free

1 x 100 IM Descend @3:45