**Gold and Silver Swim Warm-up and Workouts S&C with Water Challenge**

**Week 1**

4 x 50 Free @1:15 Gold and @1:30 Silver

2 x 50 Kick @1:30 Gold and @1:45 Silver

2 x 100 Pull @:20 rest between 100’s

IM: 50 back, 25 back/25 breast, 50 breast, 25 breast/25fly, 50 fly @1:15 Gold and @1:30 Silver

4 x 50 Evens: Skull/Swim @1:15 Gold and @1:30 Silver

4 x 25 Underwater dolphin kick @:45

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

100 Free @3:00

**All workouts begin with warm-up that should take 30-35 minutes. Cool down is 100-200.**

**Workout #1**

Set #1:

2x (first is prime, second is choice no free):

4 x 50 drill/build no free @1:45, with paddles

2 x 75 descend no free @2:30, no paddles

2 x 100 IM descend @2:45

2 x 50 @1:30 Go a good pace

Set #2

2X:

2 x 100 kick by 25’s stomach, side, back, side no fins, no board all free **@1:00 rest** GO HARD

2 x 100 HR 26-28 free swim

1 x 200 HR 26-28 free swim

2 x 50 HR 28+ free swim

**Workout #2**

Set #1:

3X:

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 for time @2:45

Set #2:

2x:

3 x 100 kick neg split by 50’s @3:30

2 x 75 k/dr/sw @2:15-2:45

2 x 75 Descend @2:15-:30

2 x 50 ALL OUT @1:30

**Workout #3**

Set #1:

2 x 100 free @2:30 MEET TIME PLUS :20

2 x 150 free paddles and buoy STROKE COUNT @4:00

2 x 150 free paddles @2:30