**Gold and Silver Swim Warm-up and Workouts Week of September 14, 2020**

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:

6 x 25 fly swim with fins @:40

6 x 50 Fly Kicks with snorkel @:50

Set #2

2X:

2 x 75 HR 26-28

2 x 75 HR 27-29

2 x 75 HR 28-30

**Workout #2**

Set #1:

6 x 50 Kick fins/board

Set #2:

2 x 50 Fly/Back @1:15

2 x 75 25 Br/50 Build @2:00

2 X 50 Back/Br @1:15

2 x 75 dr/50 build @ 2:00

2 x 50 Br/Fr @1:15

2 x 75 dr/50 build @2:00

**Workout #3**

Set #1:

4 X 100 Fins fly Kick, with snorkel @2:15

Set#2:

9 x 125 25 drill/ 50 Fast/ 50 Faster Rest @1:00

Work on turns and streamlines