**Gold and Silver Swim Warm-up and Workouts for Week 4-14**

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:**

300 IM 25 kick/25 drill/25 swim for each stroke, @:30 rest between 100’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, @:45 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, @:45 rest between 25’s