**Gold and Silver Swim Warm-up and Workouts Week of September 28, 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: 2x

2x100 Kick Negative split by 50’s @1:50-2:30

2x75 25k/25dr/25sw @1:30-2:00

2x75 Descend @1:30-2:00

2x50 ALL OUT @1:30

**Workout #2**

Set #1: **4x**, 1 round per stroke, use fins first round, no fins second round with board

1 x 75 K

1 x 75 Dr

1 x 75 Build

**Workout #3**

Set #1:

2 x 100 Fr on interval meet time plus :20

2 x 150 Fr paddles & buoy on interval plus :45 count your strokes

2 x 150 Fr paddles on interval plus :40

2 x 100 Fr k on interval plus :20

Set #2:

2 x 50 IM transitions @1:30

2 x 100 Reverse IM @2:45-3:00

1 x 100 Reverse IM @2:40-2:55