**Gold and Silver Swim Warm-up and Workouts Week of September 21, 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

6x50 drill/build NO free, with paddles @1:45-2:00

4x75 descend, NO free, no paddles, all same stroke @2:30

Set#2: 2x

2x100 IM descend @3:00

2x50, same stroke as in set #1. How fast can you go? @1:45

Work on turns and streamlines

**Workout #2**

Set #1:

400 Free, broken at the 100 mark for :20 rest

200 Kick with board and fins, broken at 200 for :15 rest

Set #2:2x

6x50 drill build @1:45

3x100 only the 2nd can be free, 1st and 3rd must be another stroke @2:45

**Workout #3**

Set #1: 2x

3x50 IM transition @1:30

6x75 with a floating 50 of swim and 25 of drill @3:00

Backstroke: spindrill

Breastroke: shooters

Freestyle: thumb drag

Butterfly: 2-2-2

1x100 For time @2:30