**Gold and Silver Swim Warm-up and Workouts for Week 3-13**

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:

2 x 100 kick neg split @3:30

2 x 75 dr/sw @2:30

2 x 75 k/sw@2:30

2 x 75 descend @2:30

2 x 50 @1:10 Good strong pace

Set #2:

2x:

1 x 25 fly @:45

1 x 25 Bk @:45

1 x 25 Br @:45

3 x 25 Fr @:45 Good strong pace

**Workout #2:**

2x:

1 x 125 paddles 50sw/25 drill/50sw :30 rest , 80%effort

1 x 200 PB neg split @4:00

1 x 150 B 4:00

1 x 100 IM descend @:30 rest ,85%effort

6 x 75 NO TOYS @2:30

**Workout #3:**

Set #1:

2X

4 x 25 fly @1:00

4 x 125 IM on 3:30 50K/75dr/50build

2 x 100 IM descend @2:45

Set #2:

10 x 50 @1:45

2 x fly/spin drill

2 x Fly/sprint

2 x back/shooters

2 x back/sprint

2 x Breast/free-2 breaths

1 x 100 IM Descend @1:45

1 x 200 IM Descend @5:00