**Sr and PrSr Warmup and S&C Challenge with Water Week 3 (18)**

400 Free @6:30

2 x 100 Kick @:20 rest between 100’s

2 x 100 Pull @:20 rest between 100’s

4 x 50 Reverse IM @1:00

4 x 75 Evens: Skull/Swim/Skull

Odds: Swim/Skull/Swim @1:30

8 x 25 Underwater dolphin kick @:30

2- stomach, 2- right side, 2- left side, 2- on back

200 Free @3:15

**All workouts begin with warm-up that should take 28-30 minutes. Cool down is 200-400.**

**Workout #1**

Set #1:

2x (first is prime, second is choice no free):

8 x 50 drill/build no free @1:10, with paddles

4 x 75 descend no free @1:30, no paddles

3 x 100 IM descend @1:45

2 x 50 @1:10 Go a good pace

**Workout #2**

Set #1:

3X:

3 x 50 IM transition work turns @1:00

6 x 75 floating 50 Odds Bk spindrill/sw; Evens Br shooter/swim @1:30

1 x 100 for time @2:00

**Workout #3**

Set #1:

4 x 100 free @1:45 MEET TIME PLUS :20

3 x 150 free paddles and buoy STROKE COUNT @3:00

3 x 150 free paddles @2:30

4 x 100 free kick @1:40