**Sr and PrSr Warmup and S&C Challenge with Water Week 4 (19)**

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:

3 x 100 kick neg split @2:15-2:30

2 x 75 dr/sw @1:30-1:45

2 x 75 k/sw@1:30-1:45

4 x 75 descend @1:30

3 x 50 @1:10 Good strong pace

Set #2:

3x:

1 x 25 fly @:30

1 x 25 Bk @:30

1 x 25 Br @:30

3 x 25 Fr @:30 Good strong pace

**Workout #2:**

2x:

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

2 x 200 PB neg split @4:00

3 x 150 B 2:30

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

6 x 75 NO TOYS @1:30

**Workout #3:**

Set #1:

2X

8 x 25 fly @:45

8 x 125 IM on 2:30 50K/75dr/50build

3 x 100 IM descend @1:45

Set #2:

12 x 50 @1:10

 2 x fly/spin drill

 2 x Fly/sprint

 2 x back/shooters

 2 x back/sprint

 4 x Breast/free-2 breaths

3 x 100 IM Descend @1:45

2 x 200 IM Descend @4:00