**Sr and PrSr Warm –up and Workouts Week of September 21, 2020**

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

8x50 drill/build NO free, with paddles @1:00-1:05

4x75 descend, NO free, no paddles, all same stroke @1:30

Set#2: 2x

3x100 IM descend @1:40-1:50

2x50, same stroke as in set #1. How fast can you go? @1:10

Work on turns and streamlines

**Workout #2**

Set #1:

600 Free, broken at the 100 mark for :15 rest

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

Set #2:2x

6x50 drill build @1:00

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

**Workout #3**

Set #1: 3x

3x50 IM transition @1:00

6x75 with a floating 50 of swim and 25 of drill @1:50

Backstroke: spindrill

Breaststroke: shooters

Freestyle: thumb drag

Butterfly: 2-2-2

1x100 For time @2:00