**Sr and PrSr Warm –up and Workouts Week of September 28, 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: 3x

3x100 Kick Negative split by 50’s @1:30-1:50

2x75 25k/25dr/25sw @1:15-1:30

4x75 Descend @1:15-1:30

3x50 ALL OUT @1:00

**Workout #2**

Set #1: **8x**, 2 per stroke, use fins first round, no fins second round with board

1 x 75 K

1 x 75 Dr

1 x 75 Build

**Workout #3**

Set #1:

4 x 100 Fr on interval meet time plus :20

3 x 150 Fr paddles & buoy on interval plus :45 count your strokes

3 x 150 Fr paddles on interval plus :40

4 x 100 Fr k on interval plus :20

Set #2:

3 x 50 IM transitions @:50

2 x 100 Reverse IM @2:10

1 x 100 Reverse IM @2:05