**Sr and PrSr Warm –up and Workouts Week of September 14, 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:

12 x 25 fly swim with fins @:30

12 x 50 Fly Kicks with snorkel @:40

Set #2

2X:

2 x 100 HR 26-28

2 x 100 HR 27-29

2 x 100 HR 28-30

1 x 100 HR 30+

**Workout #2**

Set #1:

9 x 50 Kick fins/board

Set #2:

4 x 50 Fly/Back @1:00

3 x 75 25 Br/50 Build @1:40

4 X 50 Back/Br @1:00

3 x 75 dr/50 build @ 1:40

4 x 50 Br/Fr @1:00

3 x 75 dr/50 build @1:40

**Workout #3**

Set #1:

6 X 100 Fins fly Kick, with snorkel @d 1:45

Set#2:

9 x 125 25 drill/ 50 @ Hr26-28/ 50 @ 30+ HR Rest 1:00

Work on turns and streamlines