**Sr and PrSr Warm –up and Workouts for Swim Week 4-14**

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:**

400 IM 50 kick/25 drill/25 swim for each stroke, @:30 rest between 100’s

4 x 25 IM order, get up and move @:45 rest between 25’s

**Workout #2:**

10 x 50 Odds free and evens prime, 25 kick/25 drill then next time with that stroke is 25 kick/25 swim @1:00 rest

4 x 25 odds free , evens prime, get up and move, @:45 rest between 25’s

**Workout #3:**

6 x 100 free kick with board or in streamline, with fins @2:30

4 x 25 odds free, evens choice no free, get up and move, @:45 rest between 25’s