**Sr and PrSr Warm –up and Workouts S&C with Water Challenge Week 1**

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 (first is prime, second is choice no free):

8 x 50 drill/build no free @1:10, with paddles

4 x 75 descend no free @1:30, no paddles

3 x 100 IM descend @1:45

2 x 50 @1:10 Go a good pace

Set #2

2X:

4 x 100 kick by 25’s stomach, side, back, side no fins, no board all free **@:45 rest** GO HARD

2 x 100 HR 26-28

2 x 200 HR 26-28

4 x 50 HR 28+

**Workout #2**

Set #1:

3X:

3 x 50 IM transition work turns @1:00

6 x 75 floating 50 Odds Bk spindrill/sw; Evens Br shooter/swim @1:30

1 x 100 for time @2:00

Set #2:

2x:

3 x 100 kick neg split by 50’s @2:30

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

4 x 75 Descend @1:30

3 x 50 ALL OUT @1:10

**Workout #3**

Set #1:

4 x 100 free @1:45 MEET TIME PLUS :20

3 x 150 free paddles and buoy STROKE COUNT @3:00

3 x 150 free paddles @2:30

4 x 100 free kick @1:40

Board #2:

2x:

3 x 50 IM transisitons @1:10

2 x 200 IM Keep a very strong pace

1 x 100 free Keep a very strong pace