**Workout #1 (Focus: free)**

**Warmup:** 200 S-K-I-D-S 1000/20 min.

**FREE**

3 x 100 @2:10 Kick

3 x 100 @2:05 Drill: “alligator chomp” swim over kick free with kickboard- catchup

3 x 100 @2:00 Drill: 50 FTD/Catchup, 50 swim

3 x 100 @1:55 Swim (breathing every 3-5 by 50s) 1200/24 min.

100 easy

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**Workout #2 (focus: IM)**

**Warmup:**

500 (100 free, 25 non free x 4)

400 RIM (k-s-d-s)

300 silent free kick 1200/20 min.

**IM:**

20 x 50 @1:10 (4 rounds: one round each stroke)

4 x [1 kick

[1 favorite drill

[3 swim \*free on 1:00

100 easy 1100/25 min.

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**Workout #3 (Focus: Free, kick, back)**

**Warm up:**

600 (150 free, 50 IMO)

300 (75 free, 25 back)

3 x 100 @ 2:00 (50 free, 50 back) 1200/~22 min.

**KICK:**

8 x 50 odds free, evens non free (4 on 1:10/ 4 on 1:05) 400/10 min.

**BACK:**

16 x 25 @:35 4 with 10 kicks off the wall

4 with 8 kicks off the wall

4 with 6 kicks off the wall

4 with 4 kicks off the wall 400/11 min.

**100 easy**