

1st Workout

Warm Up

S 300 easy

S 8x25 Drills on :45

K 200

P 200

Workout

S 500-600 straight

S 6x25, streamline push offs – go ½ underwater

K 4x3x50 5 sec rest

P 3x4x75 5 sec rest, use the last 4 as warm down

2nd Workout

Warm Up

S 4x75 with middle 25s as back or breast

K 200

P 200

Workout

Do the below 4 times (1st time sprint Fly, 2nd time sprint Back, 3rd time sprint Breast, 4th your choice)

S 4x50 on :45

S 6x25 on :40

S 7X100 on 1:25 – 1:30

Warm Down

S 100