

30 minute workout

300 Swim

6X50 Stroke Drills

- Finishing Drills
- Fist Swimming
- Finger Tip Drag
- Catch-up

300 Kick (your choice)

4X50 Swim, sprint with turn at the other end then easy back on the 1:30

Crunches, 30

100 Cool down

1 hour workout

400 Swim

8X50 Stroke Drills

- Finishing Drills
- Fist Swimming
- Finger Tip Drag
- Catch-up

400 Kick (your choice)

10X75 Pull 10-30 sec rest (cool down pace)

6X50 Swim, sprint with turn at the other end then easy back on the 1:30

Crunches, 30

200 Cool down