



## Uncoached Swim Workouts from Coach Tracey

Week of April 12

### Warm-up

- 300 free, 200 pull, 100 kick (no fins), 50 stroke count, 2 x 25 fast choice all on : 15r

### Main

- 4(3) x 300 pull breathing 5 – 3 – 5 by 100's on : 20r/300
- 20 x 25 choice as (5 x 4 x 25) on : 10r
  - swim
  - kick
  - drill
  - swim
  - fast
- 10 X 50 free focusing on building speed in and out of turn 1-5 – with low stroke count on : 10r

### Cool:

- 200 - 500 easy swim...NO TOYS but you may mix up the strokes

Total: 2700 – 3500