



Workout 1

100 choice + 100 form + 100 fins

Fins on:

8x25 kick dolphin - 10 sec rest

100 fs - 20 sec rest

6x25 10 m dolphin underwater - 10 sec rest

150 fs - 20 sec rest

4x25 15 m dolphin underwater - 10 sec rest

200 fs

100 bk NO FINS

Fins on:

4x

- 100 75 fs easy + 25 form sprint - 20 sec rest
- 50 25 choice sprint + 25 bk easy

200 cool down NO FINS

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