



## **Workout 8**

300 fs  
300 bk paddles  
300 fs fins

16x50 fs – 10 sec rest  
4x pull+paddles  
4x ankles band+pull  
4x ankles band+paddles  
4x normal swim

4x200 choice  
1<sup>st</sup> 75 easy + 25 sprint  
2<sup>nd</sup> 50 easy + 50 sprint  
3<sup>rd</sup> 25 easy + 75 sprint  
4<sup>th</sup> effort

16x50 kicking with fins – 15 sec rest

400 cool down 15m u'water + 85 swim

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