

Weekly Workouts- Week 1

Beginner (950 yards)		
<u>Warm up:</u> 100 yards Freestyle 50 yards Backstroke	<u>Work Out:</u> 75 yards Backstroke 75 yards Backstroke kick 100 yards Freestyle 100 yards Freestyle kick 75 yards Butterfly 75 yards Butterfly kick 100 yards backstroke 100 yards Breaststroke kick	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1600 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 25 yards Freestyle 50 yards Butterfly 75 yards Backstroke 100 yards Breaststroke kick 200 yards Freestyle 200 yards Breaststroke 100 yards Backstroke kick 75 yards Freestyle 50 yards Butterfly 25 yards Breaststroke	<u>Cool Down:</u> 75 yards Freestyle 75 yards Breaststroke
Advanced (2350 yards)		
<u>Warm up:</u> 150 yards Freestyle 150 yards Breaststroke	<u>Work Out:</u> 100 Freestyle 100 Butterfly 200 Freestyle 200 Backstroke 300 Freestyle 300 Breaststroke 200 Freestyle 200 Backstroke 100 Freestyle 100 Breaststroke pull	<u>Cool Down:</u> 75 yards Backstroke 75 yards Freestyle

Weekly Workouts- Week 2

Beginner (900 yards)		
<u>Warm up:</u> 150 yards Breaststroke	<u>Work Out:</u> 75 yards Freestyle 75 yards Freestyle kick 75 yards Butterfly 75 yards Butterfly kick 75 yards Backstroke 75 yards Backstroke kick 75 yards Breaststroke 75 yards Breaststroke	<u>Cool Down:</u> 150 yards Freestyle
Intermediate (1400 yards)		
<u>Warm up:</u> 100 yards Breaststroke 100 yards Freestyle	<u>Work Out:</u> 2x100 Butterfly 2x100 Backstroke 2x100 Backstroke 2x100 Freestyle 2x100 IM	<u>Cool Down:</u> 75 yards Breaststroke 75 yards Freestyle
Advanced (2350 yards)		
<u>Warm up:</u> 200 yards Freestyle 200 yards Breaststroke	<u>Work Out:</u> 100 Freestyle 100 Breaststroke 200 Freestyle 200 Breaststroke 300 Freestyle 300 Breaststroke 200 Freestyle 200 Breaststroke 100 Freestyle 100 Breaststroke	<u>Cool Down:</u> 75 yards Backstroke 75 yards Freestyle

Weekly Workouts- Week 3

Beginner (925 yards)		
<u>Warm up:</u> 75 yards Freestyle 75 yards Backstroke	<u>Work Out:</u> Repeat 2 times: 50 yards Freestyle 50 yards Freestyle kick 50 yards Freestyle pull 50 yards Freestyle 25 yards Butterfly 50 yards Backstroke 50 yards Butterfly 50 yards Backstroke 50 yards Butterfly	<u>Cool Down:</u> 75 yards Freestyle
Intermediate (1400 yards)		
<u>Warm up:</u> 100 yards Freestyle 50 yards Butterfly kick 50 yards Backstroke kick 50 yards Breaststroke kick 50 yards freestyle kick	<u>Work Out:</u> 200 yards IM 25 yards Butterfly 50 yards Backstroke 75 yards Breaststroke 100 yards Freestyle 200 yards IM 100 yards Butterfly 100 yards Backstroke 100 yards Breaststroke 100 yards Freestyle	<u>Cool Down:</u> 50 yards freestyle
Advanced (1950 yards)		
<u>Warm up:</u> 150 yards Freestyle 100 yards Backstroke	<u>Work Out:</u> 100 yards Butterfly 100 yards Butterfly kick 200 yards Freestyle 200 yards Freestyle Pull 150 yards Backstroke 150 yards Backstroke kick 200 yards Breaststroke 200 yards Breaststroke pull 200 yards IM	<u>Cool Down:</u> 200 yards Freestyle

Weekly Workouts- Week 4

Beginner (725 yards)		
<u>Warm up:</u> 75 yards Breaststroke 75 yards Freestyle	<u>Work Out:</u> 25 yards Butterfly 50 yards Backstroke 75 yards Breaststroke 100 yards Freestyle 100 yards Backstroke 75 yards Freestyle 50 yards Backstroke 25 yards Butterfly	<u>Cool Down:</u> 75 yards Freestyle
Intermediate (1550 yards)		
<u>Warm up:</u> 250 yards Breaststroke	<u>Work Out:</u> 200 yards IM 100 yards Freestyle 75 yards Freestyle Kick 50 yards Freestyle pull 50 yards Butterfly pull 75 yards Butterfly kick 100 yards Butterfly 100 yards Backstroke 75 yards Backstroke kick 50 yards Backstroke pull 75 yards Breaststroke kick	<u>Cool Down:</u> 150 yards Freestyle
Advanced (2100 yards)		
<u>Warm up:</u> 150 yards Freestyle	<u>Work Out:</u> 5x25 yards Butterfly 4x50 yards Breaststroke 3x75 yards Backstroke 2x100 yards Freestyle 2x100 yards Freestyle 200 yards IM: Maintain Speed 2x100 yards Breaststroke 2x100 yards Breaststroke 5x25 yards Butterfly	<u>Cool Down:</u> 150 yards Breaststroke

Weekly Workouts- Week 5

Beginner (1050 yards)		
<u>Warm up:</u> 100 yards freestyle kick 100 yards Freestyle Pull 100 yards Freestyle	<u>Work Out:</u> 4x50 yards Freestyle 4x50 yards Freestyle 8x25 Freestyle Sprints	<u>Cool Down:</u> 50 yards Backstroke 100 yards Freestyle
Intermediate (2100 yards)		
<u>Warm up:</u> 250 yards Breaststroke	<u>Work Out:</u> 200 yards IM 100 yards Freestyle 75 yards Freestyle Kick 50 yards Freestyle pull 50 yards Butterfly pull 75 yards Butterfly kick 100 yards Butterfly 100 yards Backstroke 75 yards Backstroke kick 50 yards Backstroke pull	<u>Cool Down:</u> 150 yards Freestyle
Advanced (2100 yards)		
<u>Warm up:</u> Choice Stroke 200 yards Swim 100 yards stroke 100 yards Drill	<u>Work Out:</u> Set 1: 2x50 yards Freestyle 1x100 yards Freestyle kick 3x50 yards Freestyle stroke 2x75 yards Freestyle pull 4x50 yards Freestyle Set 2: 1x100 yards IM 2x100 yards Freestyle 1x100 yards IM 2x100 yards Freestyle stroke 10x25 yards Freestyle	<u>Cool Down:</u> 50 yards Backstroke 100 yards Freestyle

Weekly Workouts- Week 6

Beginner (1500 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
100 yards Choice Swim	Rest :45sec between each set)	50 yards Backstroke
100 yards Choice Kick	50 yards Swim	10 yards Freestyle
100 yards Choice Drill	75 yards Swim	
	100 yards Swim	
	150 yards Swim	
	100 yards Swim	
	75 yards Swim	
	50 yards Swim	
	2x200 yards Swim	
Intermediate (1500 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
100 yards Choice Kick	6x50 yards Freestyle	50 yards Backstroke
100 yards Choice Pull	6x50 yards Freestyle stroke	100 yards Freestyle
100 yards Choice Swim	4x75 yards Freestyle drill	
	8x25 yards Freestyle sprint	
Advanced (2150 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
100 yards Swim	(Rest: 30sec between each set)	50 yards Backstroke
100 yards kick	50 yards Swim	100 yards Freestyle
100 yards Pull	75 yards Swim	
100 yards Drill	100 yards Swim	
	150 yards Swim	
	200 yards Swim	
	200 yards Swim	
	150 yards Swim	
	100 yards Swim	
	75 yards Swim	
	50 yards Swim	
	150 yards Freestyle	
	150 yards Freestyle	
	150 yards Freestyle	
	150 yards Freestyle	

Weekly Workouts- Week 7

Beginner (850 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 5x25 yards Backstroke 4x50 yards Breaststroke 5x25 yards Butterfly 4x50 yards Freestyle	<u>Cool Down:</u> 100 yards Breaststroke
Intermediate (1400 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 2x25 yards Butterfly 2x50 yards Backstroke 2x75 yards Breaststroke 2x100 yards Freestyle 100 yards IM 100 yards IM pull 2x100 yards Breaststroke 2x75 yards Backstroke 2x50 yards Freestyle 2x25 yards Butterfly	<u>Cool Down:</u> 100 yards Breaststroke
Advanced (2300 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 8x25 yards IM 200 yards Backstroke 8x50 yards IM cycle pull 200 yards Freestyle 8x50 yards IM Cycle	<u>Cool Down:</u> 100 yards Backstroke

Weekly Workouts- Week 8

Beginner (900 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> Rest: 30 sec in between 25 yards Butterfly 50 yards Backstroke 75 yards Breaststroke 100 yards Freestyle 75 yards Butterfly 50 yards Backstroke 25 yards Breaststroke 3x50 choice kick	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1500 yards)		
<u>Warm up:</u> 150 yards Freestyle	<u>Work Out:</u> 3 x ladder:* 25 Fly 50 Back 75 Breaststroke 100 Free 75 Fly 50 Backstroke 25 Breaststroke Rest two minutes	<u>Cool Down:</u> 150 yards Breaststroke
<small>*(Kick, Pull, Swim; 15 seconds rest between strokes, one minute between sets)</small>		
Advanced (1900 yards)		
<u>Warm up:</u> 100 yards Breaststroke 100 yards Freestyle 200 Kick Choice 100 Pull Choice	<u>Work Out:</u> 3 x ladder:* 25 Fly 50 Back 75 Breaststroke 100 Free 75 Fly 50 Backstroke 25 Breaststroke Rest two minutes	<u>Cool Down:</u> 200 yards Freestyle
<small>*(Kick, Pull, Swim; 15 seconds rest between strokes, one minute between sets)</small>		

Weekly Workouts- Week 9

Beginner (850 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> (Rest: 30sec in between) 2x50 yards Butterfly 6x25 yards Freestyle 4x50 yards Backstroke 4x25 yards Breaststroke	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1200 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 8x25 yards IM 4x50 yards IM kick 150 yards Freestyle 4x50 yards IM pull 4x25 yards IM	<u>Cool Down:</u> 100 yards Breaststroke
Advanced (2000 yards)		
<u>Warm up:</u> 100 yards Breaststroke 100 yards Freestyle	<u>Work Out:</u> 2x25 yards Backstroke kick 2x25 yards Backstroke pull 4x50 yards Backstroke 100 yards IM 2x25 yards Breaststroke kick 2x25 yards Breaststroke pull 4x50 yards Breaststroke 100 yards IM kick 2x25 yards Freestyle kick 2x25 yards Freestyle pull 4x50 yards Freestyle 100 yards IM	<u>Cool Down:</u> 200 yards Freestyle

Weekly Workouts- Week 10

Beginner (900 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 2x50 yards Freestyle 100 yards Freestyle 100 yards IM 100 yards Freestyle 2x50 yards Freestyle 4x25 yards Freestyle	<u>Cool Down:</u> 100 yards Breaststroke
Intermediate (1650 yards)		
<u>Warm up:</u> 200 yards Freestyle	<u>Work Out:</u> 200 yards Freestyle kick 200 yards Backstroke 100 yards IM 50 yards Freestyle 100 yards IM 200 yards Breaststroke 200 yards Freestyle	<u>Cool Down:</u> 100 yards Breaststroke
Advanced (2200 yards)		
<u>Warm up:</u> 150 yards Freestyle 150 yards Breaststroke	<u>Work Out:</u> 200 yards Freestyle kick 200 yards Backstroke 100 yards IM 2x50 yards Freestyle kick 2x50 yards Freestyle pull 100 yards IM 200 yards Breaststroke 150 yards Freestyle	<u>Cool Down:</u> 150 yards Breaststroke

Weekly Workouts- Week 11

Beginner (800 yards)		
<u>Warm up:</u> 50 yards Breaststroke 50 yards Freestyle	<u>Work Out:</u> 75 yards Backstroke 75 yards Freestyle 75 yards Breaststroke 75 yards Butterfly 50 yards Freestyle kick 50 yards Butterfly kick 50 yards Backstroke kick 50 yards Breaststroke kick	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1250 yards)		
<u>Warm up:</u> 200 yards Freestyle	<u>Work Out:</u> 75 yards Backstroke 75 yards Freestyle 50 yards Backstroke kick 50 yards Freestyle kick 50 yards Backstroke pull 50 yards Freestyle pull 75 yards Breaststroke 75 yards Butterfly 50 yards Breaststroke kick	50 yards Butterfly kick 50 yards Breaststroke pull 50 yards Butterfly pull 200 IM <u>Cool Down:</u> 150 yards Freestyle
Advanced (2150 yards)		
<u>Warm up:</u> 100 yards Breaststroke 200 yards Freestyle	<u>Work Out:</u> 100 yards IM 100 yards Backstroke 75 yards Backstroke kick 75 yards Freestyle kick 75 yards Backstroke pull 75 yards Freestyle pull 100 yards IM 100 yards Breaststroke 100 yards Butterfly 75 yards Breaststroke pull 75 yards Butterfly pull 400 yards IM	<u>Cool Down:</u> 100 yards Breaststroke 150 yards Freestyle

Weekly Workouts- Week 12

Beginner (950 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
50 yards freestyle pull	25 yards Backstroke	100 yards Freestyle
50 yards Freestyle kick	50 yards Breaststroke	
50 yards Freestyle drill	75 yards IM	
	100 yards Freestyle	
	100 yards Freestyle	
	75 yards IM	
	50 yards Breaststroke	
	25 yards Backstroke	
	8x50 yards Freestyle sprint	
Intermediate (950 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
50 yards Freestyle kick	25 yards Freestyle sprint	100 yards Freestyle
50 yards Freestyle pull	50 yards Backstroke	
50 yards Freestyle drill	75 yards IM	
100 yards Freestyle swim	100 yards Freestyle	
	100 yards Freestyle	
	75 yards IM	
	50 yards Backstroke	
	25 yards Sprint	
	4x25 yards stroke sprint	
Advanced (1450 yards)		
<u>Warm up:</u>	<u>Work Out:</u>	<u>Cool Down:</u>
100 yards Freestyle kick	50 yards Freestyle sprint	100 yards Freestyle
100 yards Freestyle pull	75 yards IM	
100 yards Freestyle drill	100 yards Backstroke	
100 yards Freestyle swim	150 yards Freestyle	
	150 yards Freestyle	
	100 yards Backstroke	
	75 yards IM	
	50 yards Freestyle sprint	
	6x25 yards stroke sprint	

Weekly Workouts- Week 13

Beginner (1000 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 50 yards Butterfly 2x25 yards Backstroke 3x50 yards Breaststroke 4x25 yards Freestyle 100 yards IM 3x50 yards Backstroke kick 2x25 yards Breaststroke pull 3x50 yards Freestyle kick	<u>Cool Down:</u> 100 yards Breaststroke
Intermediate (1300 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 6x25 yards Butterfly 4x50 yards Backstroke 100 yards IM 5x50 yards Freestyle 4x50 yards Breaststroke 100 yards IM kick	<u>Cool Down:</u> 100 yards Freestyle
Advanced (2250 yards)		
<u>Warm up:</u> 150 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 15x25 yards Breaststroke alternate kick, pull, swim (KPS) 9x50 yards Freestyle KPS 6x75 yards Backstroke KPS 12x25 yards Butterfly KPS 3x100 yards IM	<u>Cool Down:</u> 175 yards Freestyle

Weekly Workouts- Week 14

Beginner (800 yards)		
<u>Warm up:</u> 100 yards Breaststroke	<u>Work Out:</u> 50 yards Butterfly 150 yards Backstroke 150 yards Breaststroke 150 yards Freestyle 100 yards IM kick	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1225 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 75 yards Butterfly 100 yards Butterfly kick 150 yards Freestyle 100 yards Freestyle pull 100 yards Backstroke 100 yards Backstroke kick 150 yards Breaststroke 100 yards Breaststroke pull	<u>Cool Down:</u> 100 yards Freestyle 50 yards Breaststroke
Advanced (2100 yards)		
<u>Warm up:</u> 150 yards Freestyle 100 yards Backstroke	<u>Work Out:</u> 100 yards IM 100 yards Butterfly kick 150 yards Backstroke pull 200 yards Breaststroke kick 200 yards Freestyle pull 100 yards IM kick 150 yards Butterfly 200 yards Breaststroke 200 yards Freestyle 100 yards IM pull	<u>Cool Down:</u> 100 yards Breaststroke 150 yards Freestyle

Weekly Workouts- Week 15

Beginner (1000 yards)		
<u>Warm up:</u> 100 yards IM kick	<u>Work Out:</u> 100 yards Butterfly 100 yards Backstroke 2x50 yards Backstroke 100 yards Freestyle 50 yards Freestyle kick 2x25 yards Freestyle Fast 100 yards IM Swim	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1700 yards)		
<u>Warm up:</u> 200 yards IM kick	<u>Work Out:</u> 2x100 yards Butterfly 100 yards Backstroke 3x50 yards Backstroke 100 yards Breaststroke 3x50 yards Breaststroke 6x25 yards Freestyle 100 yards IM drill 100 yards IM Swim	<u>Cool Down:</u> 100 yards Freestyle
Advanced (2200 yards)		
<u>Warm up:</u> 200 yards IM kick	<u>Work Out:</u> 4x100 yards Butterfly 100 yards Backstroke 100 yards Breaststroke 4x50 yards Breaststroke 100 yards Freestyle 8x25 yards Freestyle 100 yards Freestyle kick 8x25 yards Freestyle 100 yards IM drill 100 yards IM swim	<u>Cool Down:</u> 200 yards Freestyle

Weekly Workouts- Week 16

Beginner (950 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 100 yards Freestyle 100 yards IM 2x50 yards Breaststroke 200 yards Freestyle 2x50 yards Backstroke 100 yards Freestyle 2x25 yards Butterfly	<u>Cool Down:</u> 100 yards Breaststroke
Intermediate (1400 yards)		
<u>Warm up:</u> 100 yards Freestyle	<u>Work Out:</u> 100 yards IM 200 yards Freestyle 2x75 yards Breaststroke 500 yards Freestyle 2x50 yards Backstroke 100 yards Freestyle 2x25 yards Butterfly	<u>Cool Down:</u> 100 yards Breaststroke
Advanced (2350 yards)		
<u>Warm up:</u> 100 yards Freestyle 100 yards Breaststroke	<u>Work Out:</u> 200 yards Freestyle 100 yards IM 500 yards Freestyle 2x100 yards Breaststroke 100 yards Freestyle 4x75 yards Backstroke 200 yards Freestyle 2x50 yards Butterfly 100 yards IM 150 yards Freestyle	<u>Cool Down:</u> 200 yards Freestyle

Weekly Workouts- Week 17

Beginner (1100 yards)

Warm up:

100 yards Freestyle

100 yards Freestyle drill

Work Out:

6x50 yards Freestyle kick

4x75 yards Freestyle pull

6x25 yards Freestyle Sprint

Cool Down:

50 yards Backstroke

100 yards Freestyle

Intermediate (1400 yards)

Warm up:

100 yards backstroke kick

200 yards backstroke drill

Work Out:

14x 25 yards backstroke

4x 75 yards Backstroke Sprint

6x50 yards Backstroke

Cool Down:

50 yards Backstroke

100 yards Freestyle

Advanced (2000 yards)

Warm up:

150 yards Freestyle kick

150 yards Freestyle pull

150 yards Freestyle drill

Work Out:

20x25 yards Freestyle

6x75 yards Freestyle

8x50 yards Freestyle

Cool Down:

50 yards Backstroke

150 yards Freestyle

Weekly Workouts- Week 18

Beginner (900 yards)

Warm up:

100 yards Freestyle

Work Out:

50 yards Butterfly

100 yards Backstroke pull

150 yards Breaststroke

200 yards Freestyle

150 yards Breaststroke kick

50 yards Butterfly

Cool Down:

100 yards Breaststroke

Intermediate (1250 yards)

Warm up:

200 yards Freestyle

Work Out:

75 yards Butterfly

100 yards Backstroke

150 yards Breaststroke pull

250 yards Freestyle

100 yards Breaststroke

75 yards Backstroke kick

50 yards Butterfly

Cool Down:

150 yards Breaststroke

Advanced (2200 yards)

Warm up:

100 yards Freestyle

100 yards Breaststroke

Work Out:

6x50 yards Butterfly

4x50 yards Choice stroke

4x100 yards Freestyle

4x50 yards freestyle pull

6x50 yards Choice stroke

Cool Down:

200 yards Breaststroke

Weekly Workouts- Week 19

Beginner (950 yards)		
<u>Warm up:</u> 100 yards Breaststroke	<u>Work Out:</u> 125 yards Breaststroke 75 yards Breaststroke 50 yards Breaststroke 25 yards Breaststroke 25 yards Breaststroke 75 yards Breaststroke 125 yards Breaststroke 4x50 yards Freestyle 4x25 yards Freestyle sprint	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1200 yards)		
<u>Warm up:</u> 200 yards Breaststroke	<u>Work Out:</u> 150 yards Breaststroke 100 yards Freestyle 75 yards Breaststroke 50 yards Freestyle 50 yards Breaststroke 75 yards Freestyle 100 yards Breaststroke 150 yards Freestyle 5x50 yards Freestyle Sprint 4x25 yards Freestyle drill	<u>Cool Down:</u> 100 yards Freestyle
Advanced (1850 yards)		
<u>Warm up:</u> 300 yards Breaststroke	<u>Work Out:</u> 200 yards Freestyle 150 yards Breaststroke 100 yards Freestyle 50 yards Breaststroke 50 yards Freestyle 100 yards Breaststroke 150 yards freestyle 200 yards Breaststroke 6x50 yards Freestyle drill 4x25 yards Breaststroke	<u>Cool Down:</u> 150 yards Choice

Weekly Workouts- Week 20

Beginner (1000 yards)		
<u>Warm up:</u> 100 yards IM 100 yards choice swim	<u>Work Out:</u> 2x25 yards Freestyle 2x50 yards Freestyle 75 yards Freestyle 100 yards Freestyle 75 yards Freestyle kick 2x50 yards Freestyle pull 150 yards freestyle	<u>Cool Down:</u> 100 yards Freestyle
Intermediate (1600 yards)		
<u>Warm up:</u> 100 yards Freestyle drill 2x100 yards Choice Swim	<u>Work Out:</u> 2x50 yards Backstroke 2x100 yards Backstroke 150 yards Backstroke 100 yards Backstroke 150 yards Backstroke 2x100 yards Backstroke 3x100 yards Backstroke 4x50 yards Backstroke	<u>Cool Down:</u> 100 yards Freestyle
Advanced (2300 yards)		
<u>Warm up:</u> 200 yards Freestyle 4x100 yards Choice S.K.I.P	<u>Work Out:</u> 4x50 yards backstroke 3x100 yards Backstroke 2x150 yards Backstroke 200 yards Backstroke 2x150 yards Backstroke 3x100 yards Backstroke 4x50 yards Backstroke 400 yards Backstroke	<u>Cool Down:</u> 100 yards Freestyle

Weekly Workouts- Week 21

Beginner (950 yards)

Warm up:

50 yards Freestyle kick
50 yards Freestyle pull
100 yards Freestyle swim

Work Out:

4x50 yards Freestyle
4x50 yards Freestyle
4x50 yards Freestyle
4x45 yards Freestyle sprint

Cool Down:

100 yards Freestyle

Intermediate (400 yards)

Warm up:

100 yards Choice kick
100 yards Choice pull
100 yards Choice swim

Work Out:

4x75 yards IM
4x75 yards Freestyle
6x50 yards Choice
4x25 yards Freestyle sprint

Cool Down:

100 yards Freestyle

Advanced (1900 yards)

Warm up:

100 yards Choice kick
100 yards Choice pull
200 yards Choice swim

Work Out:

6x75 yards IM
4x100 yards IM
8x50 yards IM (alt kick/pull)
4x25 yards Freestyle sprint

Cool Down:

150 yards Freestyle