



## Uncoached Swim Workouts from Coach Tracey

Hello everyone! Each week I shall post a workout that best corresponds to what our goal for the swim week is. These workouts are somewhat generic in the warm up and cool down so please feel free to add, take away or change. The main body of each workout should not be changed and done to the best of your ability. Enjoy...yours in the water, Tracey ☺

Week of Feb 4-10

#1 – endurance

Warm up:

10 minutes of choice swimming...no toys

Main:

12 x 50 as 25 drill (finger t.d or c-up)/25 quiet swim on : 10r

Swim set: \*50-75-100-200-100-75-50 on : 20r/int

\* Note: first 25 of each distance is a kick, and the 200 is nf

600-800 pull breathing no more than 6 – 8x per length (long course pool or 3-4x in a 25m pool)

Cool:

Either a 100, 200, or 400 IM with fins (full stroke) or without (kick and drill combination)