



## Uncoached Swim Workouts from Coach Tracey

Week of Feb 22-26

Fast but Efficient!

### **Warm-up:**

10 minutes of choice swimming with NO TOYS!

10 x 50 kick (fins or not...your choice) on :10r

### **Main:**

10 x 100 building speed (1-5) x 2 on 1:50 OR 2:00 OR 2:15 or :30r

10 x 50 IM pairs OR NF with fins (fly/bk, bk/br, br/fr, fr/fly) :15r

### **Cool:**

10 min's quiet swimming with NO TOYS...choice of stroke