



## Uncoached Swim Workouts from Coach Tracey

Week of March 1-6

### **Warm Up**

- 10 minutes choice swim (no toys)

### **Main**

- 3x
  - 1 x 100 kick on :30r
  - 2 x 50 drill choice on :15r
  - 1 x 100 IM with fins on :30r

Choice of SWIM OR PULL...make the times - use whatever equipment you need to do it!

- 3 x 100 on 1:45, 1:55, 2:05 or 2:15
- 300 easy
- 3 x 100 on 1:40, 1:50, 2:00 or 2:10
  
- 800 quiet, easy swim choice with no toys
  
- 2 x 100 on 1:40, 1:50, 2:00 or 2:10
- 200 easy
- 2 x 100 all out for best time with 2:00 rest between!

### **Cool Down**

- 10 minutes choice cool