



## Uncoached Swim Workout from Coach Tracey

Week of March 8 - 12

### Warm up:

- 15 minute choice (any stroke, any toys...just swim!)

### Main:

- 400 as (4 x 75 free/25 spear kick to get you off your bellies) :30r
- 4 x 100 @ 85% on :15r
- 400 as (4 x 50 drill/50 free) :20r
- 8 x 50 spins on :15r (2 strokes of an IM such as 25fly/25 bk, 25bk/25br, 25br/25fr etc.) OR 25kick/25swim any stroke
- 400 pull breathing 3,5,7,5,3...
- 16 x 25's as
  - 1-4 tigers :30r – kick underwater until you need to breath then come up and sprint to the end!
  - 5-8 stroke count descend on :20r
  - 9-12 finger tip drag or reverse catch up on :10

### Cool Down:

- 13-16 easy quiet choice on :05r