

Workout 10

Warm up:

Arm circles.

4 x 50s Free

Rest necessary amount to not get super tired.

Technique set:

4 x 50s Free/Kick

6 x 25s With 6 underwater kicks and 2 freestyle stroke fast the rest of the 25
easy

Rest 2 to 3 minutes.

Main set: Swordfish Challenge

(If you want to enter the competition you need to video record this.)

Time cap 11 minutes

10 x 25s for time from a push (not a dive)

Warm down:

4 x 50s easy

Eat favorite dessert!

Total swim: 950 meters or yards