

Workout 8

Warm up:

Core 2 rounds (Use core workout guide)

Arms circles

6 x 50s Free

Rest necessary amount to not get super tired.

Technique set:

8 x 25s one arm fly

Main set:

10 x 25s Interval 1:00 min fast alternating Breaststroke and freestyle. The freestyle ones with 5 underwater kicks at the start.

Warm down:

10 x 25s easy choice

Stretch 12 minutes (Use the stretching guide)

Total swim: 1,000 meters or yards