

Workout 9

Warm up:

Arms circles.
5 x 50s easy

Rest necessary amount to not get super tired.

Technique & main set:

8 x 25s Breakout (12.5 fast / 12.5 easy)
4 x 25s Drill
4 x 50s Kick

Warm down:

4 x 50s easy
Stretch 12 minutes (Use the stretching guide)

Total swim: 950 meters or yards