

# Workout Wednesday #1

## Warm up

4 x 75 Choice

## Technique

3 (4 x 25) Drill Choice

3 x 100 Kick

## Main set

3 (4 x 25 fast resting :15 sec) Resting 1 minute between rounds

2 x 100 Individual medley

## Warm down

300 Easy

Stretch 10 minutes

Total 1,700