Workout 7:

WARMUP
100 yd IM drill, 100 yd IM kick, 100 yd choice

MAIN SET x 4
4 x 25 yd windsprints
rest 30 seconds in between
1 x 50 yd easy drill
1 x 100 yd sprint

Sets are IM order
1 minute rest between each set

Cool Down
50 yd swim, 50 yd kick,
50 yd drill, 50 yd swim
Workout 8

WARMUP
100 yd swim
100 yd kick
100 yd IM
100 yd pull
100 yd swim

MAIN SET
16 x 100 yd freestyle
after first 100 yd: do 1 lunge on each side, 1 push up, 1 squat, and 1 sit up
after the second 100 yd: do 2 lunges on each side, 2 push ups, etc.
Increase the number of reps each time.

Upon completion, you will have completed 136 of each AND receive 4 entries to win an AIR FRYER!

Cool Down
100 yd slow freestyle
100 yd streamline kick
100 yd freestyle drill
100 yd choice
Workout 9:

**WARMUP**
100 swim, 50 yd kick, 100 yd swim

**MAIN SET x 2**
2 x 25 yd streamline kick
3 x 50 yd pull
4 x 75 yd swim, focusing on no breathing between the flags

Rest as needed
1 minute between each set

Set 1: Backstroke
Set 2: Breaststroke

**Cool Down**
100 yd swim, 50 yd drill, 100 yd swim