Week 2:
workout 3

WARMUP
2 x 100 yd freestyle
30 second rest between each 100

MAIN SET x 2
8 x 25 yd freestyle windsprints
2 x 200 yd freestyle
same stroke count each lap

Take 20 seconds rest between windsprints
Take 30 seconds rest between each 200
Take 1 minute rest between each set

Cool Down
1 x 200 yd breathing every 3rd stroke
Week 2: workout 4

**WARMUP**
1 x 100 yd freestyle, slow
1 x 100 yd IM drill

**MAIN SET**
4 x 100 yd Reverse IM resting 30 seconds
4 x 50 yd Butterfly resting 15 seconds
4 x 50 yd Breaststroke resting 15 seconds
4 x 50 yd Backstroke resting 15 seconds
1 x 100 yd IM sprint butterfly & breaststroke rest 30 seconds
1 x 100 yd IM sprint backstroke and freestyle

For the 50's the goal is to stay consistent on your time throughout all 4

**Cool Down**
2 x 100 yd
50 freestyle drill, 50 stroke drill
Week 2:
workout 5

WARMUP
1 x 100 yd freestyle
  decreasing stroke count
1 x 100 yd streamline kick

MAIN SET x 2
2 x 100 yd freestyle
  one stroke per 3 kicks
2 x 100 around the world
  flutter kicks w/out a kickboard
1 x 100 yd IM
  sprint kicks for butterfly and breaststroke
1 x 100 yd IM
  sprint kicks for backstroke and freestyle

Take 30 seconds rest between each 100
Take 1 minute rest between each set

Cool Down
1 x 200 yd
  50 freestyle, 50 streamline kick, 50 freestyle, 50 streamline kick