Week 7: workout 15

WARMUP
250 yd warmup
swim, kick, IM, pull, swim by 50 yd

MAIN SET
16 x 25 yd swim
ascend, descend, sprint, easy
1-4, 9-12: freestyle
5-8, 13-16: stroke choice
15 sec rest in between
8 x 50 swim
streamline kick, pull
odds: stroke choice
events: freestyle
20 sec rest in between
4 x 100 yd
odds: IM
events: freestyle
20 sec rest in between

Cool Down
3 x 50 yd choice
kick, pull, kick
Week 7: workout 16

WARMUP
200 yd choice
odd pull, even kick by 50

MAIN SET
12 x 100 yd swim choice
*After the first 100 yd do 1 sit up, 1 squat, and 1 push up
After the 2nd, 100 yd do 2 sit up, 2 squat, and 2 push up

Complete this with as little rest and as fast as you can.

By the end, you'll have completed 72 sit ups, squats, and push ups!

Cool Down
200 yd choice slow