

# **BRONZE CHRISTMAS BREAK WORKOUTS**

## **WORKOUT #1**

**1x50fr + 1x50ch + 1x50fr @:15ri**

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**4x50 kick (25fly +25br)@ :20ri**

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**8x25 IM Order @ :10ri**

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**1x200fr@:45ri**

**1x150(50br+50fr+50br)@:30ri**

**1x100(50bk+50fr)@:15ri**

**2x50(12.5fly+12.5fr)@:15ri**

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**50 loosen.....1200 mtrs /yds**

## **WORKOUT #2**

**w.u.-100ch swim+100ch kick**

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**“Ladder with side kick steps” (All freestyle w/ fins)**

**50s@:10ri**

**50k@10ri**

**100s@:20ri**

**50k@:10ri**

**150s:@30ri**

**50k@:10ri**

**50k@:10ri**

**150 @:30ri**

**50k@:10ri**

**100s@:20ri**

**50k@:10ri**

**50s...pau**

**1,100 mtrs/yds**

### **WORKOUT #3**

**w.u – 100fr +100reverse IM**

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**8x50IM switch@:20ri**

**#1=25fly + 25bk**

**#2=25bk +25br**

**#3=25br + 25fr**

**#4= 25br +25fly**

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**2x25 max speed fr kick with fins @:30ri**

**2x25 max speed fr swim with fins @:40**

**2x25 max speed fr NO FINS@:40ri**

**2x25 max speed fr kick NO FINS@:30ri**

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**100 ez loosen.....900 mtrs / yds**

**WORKOUT #4 (OK to use fins for some or all☺)**

**w.u. -100 ch**

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**1x250 every 3<sup>rd</sup> length br**

**1:00ri**

**1x250 every 4<sup>th</sup> length bk**

**1:00ri**

**1x250 every 5<sup>th</sup> length fly**

**1:00ri**

**1x250IM**

**100 ez loosen**

**1,200 mtrs / yds**

## **WORKOUT #5**

**w.u. – 100ch swim**

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**2x25fr kick@:10ri**

**2x50fr swim@:20ri**

**2x50br kick@:20ri**

**2x25br swim@:10ri**

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**FINS ON☺**

**2x25fly kick@:10ri**

**2x50 (12.5fly +12.5 fr) swim@:20ri**

**2x50bk kick@:20ri**

**2x25bk swim@:10ri**

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**FINS OFF☹**

**2x25ch, no fr kick@:10ri**

**2x50fr swim@:20ri**

**2x50fly kick@:20ri**

**2x25IM order@:10ri...PAU**

**1,000 mtrs /yds**