

# **SILVER CHRISTMAS BREAK WORKOUTS**

## **WORKOUT #1**

**2x50fr + 2x50ch + 2x50fr @:15ri**

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**6x50 kick (25fly +25br)@ :20ri**

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

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**1x200fr@:45ri**

**2x150(50br+50fr+50br)@:30ri**

**3x100(50bk+50fr)@:15ri**

**4x50(12.5fly+12.5fr)@:15ri**

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**100 loosen.....1900 mtrs /yds**

## **WORKOUT #2**

**w.u.-200ch swim+100ch kick**

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

**50s@:10ri**

**50k@10ri**

**100s@:20ri**

**50k@:10ri**

**150s:@30ri**

**50k@ri**

**200s@:40ri**

**50k@1:00ri....put your fins on after this one☺**

**200s@:40ri**

**50k@:10ri**

**150 @:30ri**

**50k@:10ri**

**100s@:20ri**

**50k@:10ri**

**50s...pau**

**1,650 mtrs/yds**

### **WORKOUT #3**

**w.u – 100fr +100ch, no fr +100reverse IM**

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**12x50IM switch@:20ri**

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

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

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

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

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**6x25 max speed fr kick with fins @:30ri**

**4x25 max speed fr swim with fins @:40**

**1:00 extra rest**

**4x25 max speed fr NO FINS@:40ri**

**6x25 max speed fr kick NO FINS@:30ri**

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**100 ez loosen.....1,500 mtrs / yds**

## **WORKOUT #4**

**w.u. -200 ch**

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**1x500 every 3<sup>rd</sup> length br**

**1:00ri**

**1x400 every 4<sup>th</sup> length bk**

**1:00ri**

**1x300 every 5<sup>th</sup> length fly**

**1:00ri**

**1x200IM**

**100 ez loosen**

**1,700 mtrs / yds**

## **WORKOUT #5**

**w.u. – 200ch swim**

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**4x25fr kick@:10ri**

**4x50fr swim@:20ri**

**2x50br kick@:20ri**

**4x25br swim@:10ri**

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**FINS ON☺**

**4x25fly kick@:10ri**

**4x50 (12.5fly +12.5 fr) swim@:20ri**

**2x50bk kick@:20ri**

**4x25bk swim@:10ri**

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**FINS OFF☹**

**4x25ch, no fr kick@:10ri**

**4x50fr swim@:20ri**

**2x50fly kick@:20ri**

**4x25IM order@:10ri...PAU**

**1,700 mtrs /yds**