



## Riverside Swim Team – Pre-season Workout #3

- I. Warm –up: 600 swim
  - First 200 freestyle swim
  - Second 200 freestyle kick (no fins)
  - Third 200 choice swim
  
- II. Main Set, part I: 4 x 200 IM
  - 1<sup>st</sup> 35 of each stroke Moderate
  - 2<sup>nd</sup> 25 of each stroke FAST
  
- III. Main Set, part II: 12 x 50 kicks – FAST – 20 seconds rest between each
  - Butterfly – 2x with fins
  - Backstroke – 2x with fins
  - Freestyle – 2x with fins
  - Breaststroke – 2x without fins
  - REPEAT – one of each without fins
  
- IV. Cool down – 500 Easy
  - Odds Free
  - Evens Choice