

September Penguins Workouts

Workout #1 (Intermediate/Advanced)

Warm-Up:

300 Freestyle

200 Kick

100 Pull

Set:

100 Swim FAST

100 EZ Free

2 x 75 Swim FAST

100 EZ Free

3 x 50 Swim FAST

100 EZ Free

4 x 25 SPRINT ALL OUT

100 EZ Free

2 x Through (Round 1 = Freestyle, Round 2 = Choice Stroke)

100 Cool Down

Workout #2 (Beginner)

Warm-Up:

300 Freestyle

200 Freestyle Kick

Set:

4 x 25 FAST

50 EZ Free

4 x 50 FAST

50 EZ Free

2 x Through (Round 1 = Freestyle, Round 2 = Choice Stroke)

100 Choice Kick

100 Cool Down