

## May Penguins Workouts

### **Workout #1 (Intermediate/Advanced)**

Warm-Up:

200 Freestyle

200 Stroke (Not Freestyle)

200 Freestyle Kick

200 Stroke Kick

Set:

100 Perfect Swim

50 Kick

2 x 25 ALL OUT

6xThrough (Odd rounds = Freestyle, Even rounds = Choice)

6 x 75 Kick/Swim/Kick

200 Cool Down

### **Workout #2 (Beginner)**

Warm-Up:

200 Freestyle

100 Stroke (Not Freestyle)

200 Freestyle Kick

100 Stroke Kick

Set:

50 Perfect Freestyle

50 Kick

2 x 25 ALL OUT

4xThrough

12 x 25 Kick

100 Cool Down