

KC Wave Workout

10/11/2015

	HARD	HARDER	HARDEST	Time	Clock
Warmup	75 SK-PS (no IM) 300	75 SKIPS (last swim 100) 400	100 SKIPS 500	:10	5:10
Set 1	2 x 100 freestyle 6 x 50 :15 sec rest (try a few backstroke) 500	2 x 100 back (swim down, kick back) 8 x 50 :15 sec rest (odds back, evens free) 600	2 x 100 back (swim down, kick back) 8 x 50 back :15 sec rest 600	:15	5:25
Set 2	2 x 100 freestyle 6 x 50 :30 rest (try some butterfly) 500	2 x 100 fly (s/d/k/s) 8 x 50 :30 rest (fly, kick, free, repeat) 600	2 x 100 fly (swim down, kick back) 8 x 50 fly :30 rest (odd swim, evens kick) 600	:15	5:40
Set 3	150 swim (alternate back, free) 150	200 swim (25 fly, 75 free times two) 200	200 swim (fly down, back back) 200	:10	5:50
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	5:55
Totals	1600	2000	2100		