

## National Lemon Chiffon Cake Day Workout

HARD

HARDER  
WARM UP

HARDEST

5 min swim	5 min continuous pull	5 min continuous pull
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MAIN SET

<p>4 x 50 freestyle drill on 2:00: 1,3: right arm 25, left arm 25 2,4: fists 50 Free</p>	<p>4 x 50 freestyle drill on 2:00: 1,3: right arm 25, left arm 25 2,4: fists add 25 free for more distance 100 Free</p>	<p>4 x 75 butterfly on 2:00: 50 fly drill + 25 fly swim 1,3: right arm 25, left arm 25 2,4: wave motion (no arms) 100 IM</p>
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<p>4 x 50 free drill on 2:00: 1,3: 3 stroke right arm, 3 left, 3 swim 2,4: catchups 50 Free</p>	<p>4 x 50 free drill on 2:00: 1,3: 3 stroke right arm, 3 left, 3 swim 2,4: catchups add 25 free for more distance 100 Free</p>	<p>4 x 75 backstroke on 2:00: 50 backdrill + 25 fly swim 1,3: right arm 25, left arm 25 2,4: kick on side for 6-8 beats 100 IM</p>
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<p>4 x 50 freestyle drill on 2:00: 1,3: butt touches 2,4: thumb lines 100 Free</p>	<p>4 x 50 freestyle drill on 2:00: 1,3: butt touches 2,4: thumb lines add 25 free for more distance 100 Free</p>	<p>4 x 75 breaststroke on 2:15: 50 breast drill + 25 fly swim 1,3: breast pull, free kick 2,4: 3-2-1 kick 100 IM</p>
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<p>4 x 50 freestyle drill on 2:00: 1,3: kick on side for 6 beats, Stroke; kick 6 other side 2,4: swim polo (head up) 100 Free</p>	<p>4 x 50 freestyle drill on 2:00: 1,3: kick on side for 6 beats, Stroke; kick 6 other side 2,4: swim polo (head up) add 25 free for more distance 100 Free</p>	<p>4 x 75 freestyle on 2:00: 50 free drill + 25 fly swim 1,3: right arm 25, left arm 25 2,4: fists 100 IM</p>
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4 x 50 free sprint on 3:00	4 x 100 free on 3:00	400 choice
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COOL DOWN

100 easy	100 easy	100 easy
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