

## National Grilled Cheese Sandwich Day Workout

HARD

HARDER  
WARM UP

HARDEST

Repeat 2x 100 Free Back Breast Free by 25	Repeat 2x 150 Back Breast Free by 50	Repeat 2x 150 Back Breast Free by 50
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MAIN SET

Repeat 2x 25 Single Arm Backstroke on 1:45 Left on first 25 Right on second 25 Single/Double Arm Backstroke on 1:45 3 Left, 3 Right, 3 Both 25 Single Arm Backstroke on 1:45 Left on first 25 Right on Second Alternate hand holding lat 50 back on 2:00 1 min rest	Repeat 2x 50 Single Arm Backstroke on 1:45 Left on first 25 Right on second 50 Single/Double Arm Backstroke on 1:45 3 Left, 3 Right, 3 Both 50 Single Arm Backstroke on 1:45 Left on first 25 Right on Second Alternate hand holding lat 100 back on 2:00 1 min rest	Repeat 2x 75 Single Arm Backstroke on 1:45 Left on first 25 Right on second 75 Single/Double Arm Backstroke on 1:45 3 Left, 3 Right, 3 Both 75 Single Arm Backstroke on 1:45 Left on first 25 Right on Second Alternate hand holding lat 100 back on 2:00 1 min rest
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Repeat 2x 25 streamline kick on 1:45 25 Breaststroke Pull with Flutter Kick on 1:45 Use Fins 25 heel tag kick on 1:45 catch your heels with your fingers 50 breast on 2:00 1 min rest	Repeat 2x 50 streamline kick on 1:45 50 Breaststroke Pull with Flutter Kick on 1:45 Use Fins 50 heel tag kick on 1:45 catch your heels with your fingers 100 breast on 2:00 1 min rest	Repeat 2x 75 streamline kick on 1:45 75 Breaststroke Pull with Flutter Kick on 1:45 Use Fins 75 heel tag kick on 1:45 catch your heels with your fingers 150 breast on 2:00 1 min rest
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Repeat 2x on 5:00 100 IM (Sub freestyle for fly)	Repeat 2x on 5:00 200 IM (Sub freestyle for fly)	Repeat 2x on 5:00 200 IM
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COOL DOWN

100 free	100 free	100 free
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Cool down