

# Mother Ocean 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 Freestyle Skulling on 1:45 Feel the catch Kick against wall on 1:45 Practice breathing 25 Freestyle with Fists on 1:45 50 Free on 2:00 1 min rest	Repeat 2x 50 Freestyle Skulling on 1:45 Feel the catch 50 Underwater Freestyle on 1:45 50 Freestyle with Fists on 1:45 100 Free on 2:00 1 min rest	Repeat 2x 75 Freestyle Skulling on 1:45 Feel the catch 75 Underwater Freestyle on 1:45 75 Freestyle with Fists on 1:45 100 Free on 2:00 1 min rest
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Repeat 2x 100 free build counting strokes on 2:30 Try to lower stroke count and time 75 free on 2:00	Repeat 2x 100 free build counting strokes on 2:30 Try to lower stroke count and time 100 free on 2:00	Repeat 2x 100 free build counting strokes on 2:30 Try to lower stroke count and time 150 free on 2:00
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FREELAY

COOL DOWN

100 free	100 free	100 free
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